
CONSCIOUS CARE & SUPPORT



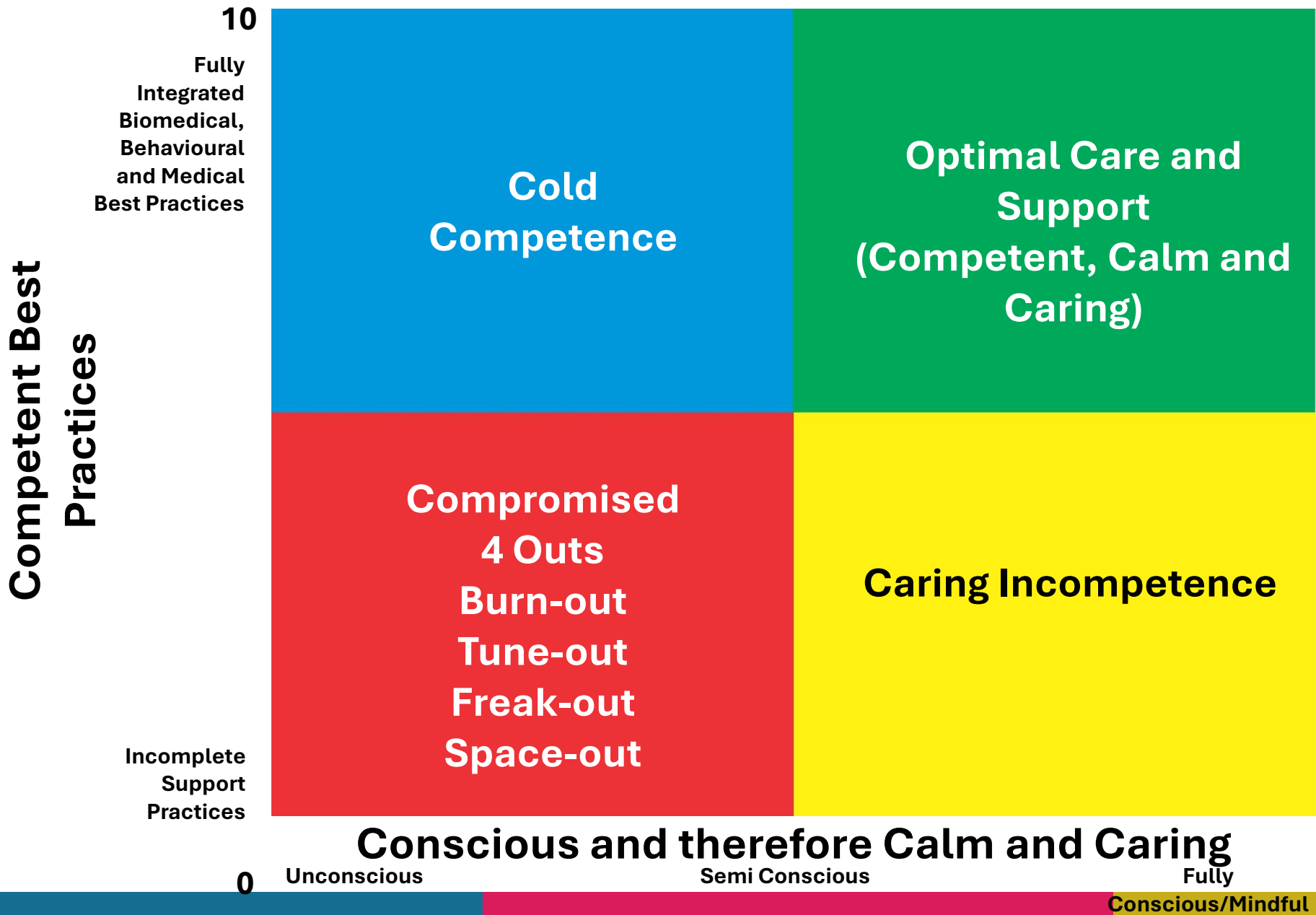
Summary

The Five Stage CCS Process

Session 8 – Resource 3



Optimal Care and Support



A More Complete Understanding of Optimal Care and Support

**Optimal Care and Support = Competence x Mindful/Conscious
Compassion**

“We don’t have to feel it to be it”



We Don't Have to Feel It to Be It

*“I have supported a man for several years. He is a very unlikeable, demeaning and unappreciative person. Honestly, I could not stand him. I tried to like him but he was so mean and self centred. I talked to myself every day, reminding myself that it is his disabilities that are causing his negative behaviour, but still I couldn't stand him. **Then during my CCS training I learnt that liking is not a necessary part of being a compassionate supporter.***

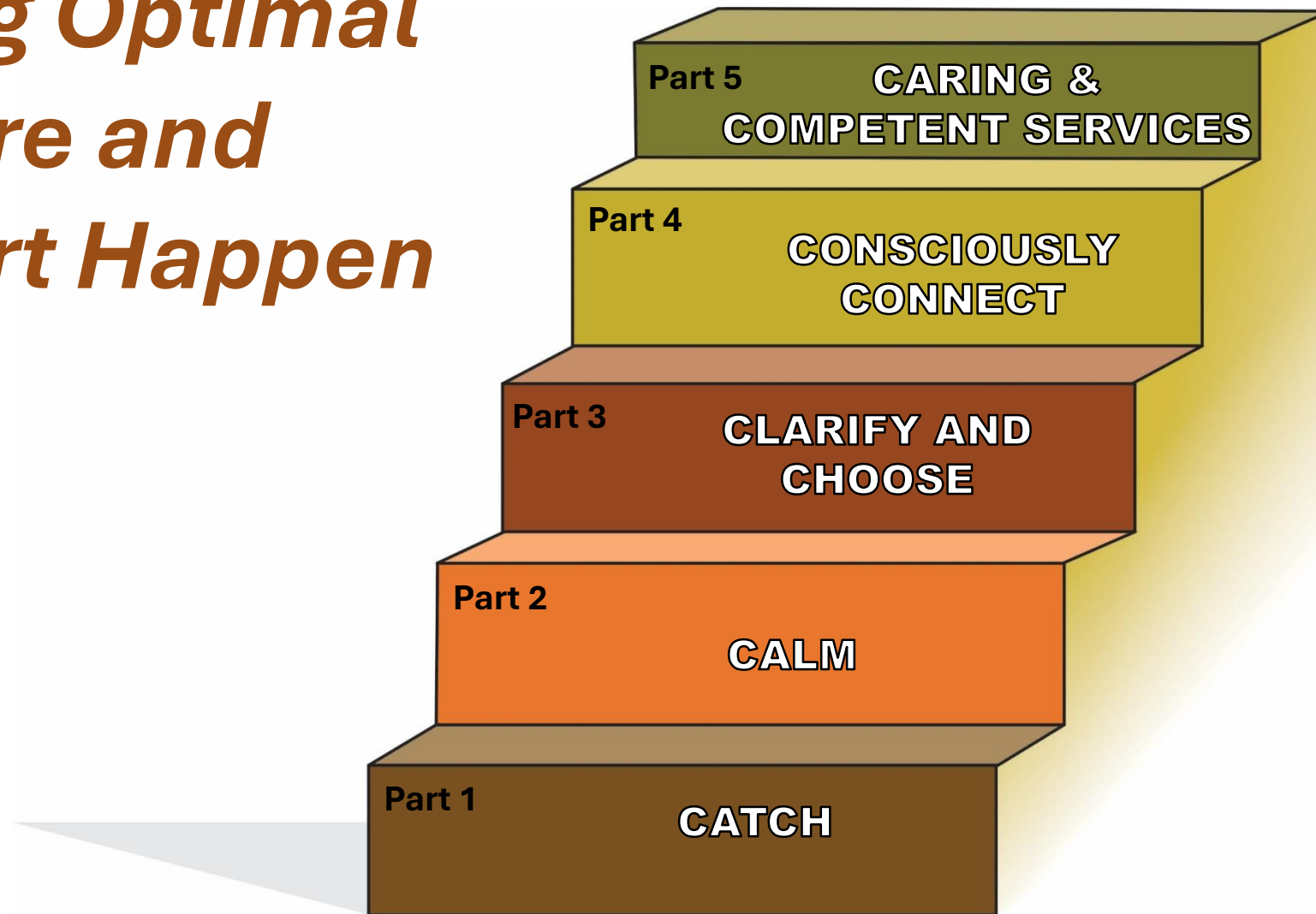
Liking is not the same as being competent and conscious. Liking is a feeling that may or may not happen in support relationships. Compassionate care is the ‘by product’ of being competent with best practices and being more conscious/mindful and skillfully allowing of internal/subjective B-FIT resistance.

When I learnt this and just started to apply my B-FIT Mindfulness skill while supporting this man, everything started to change. I lost my negativity toward him. He is even it seems, becoming a bit more likeable.”

A Supporter



Making Optimal Care and Support Happen

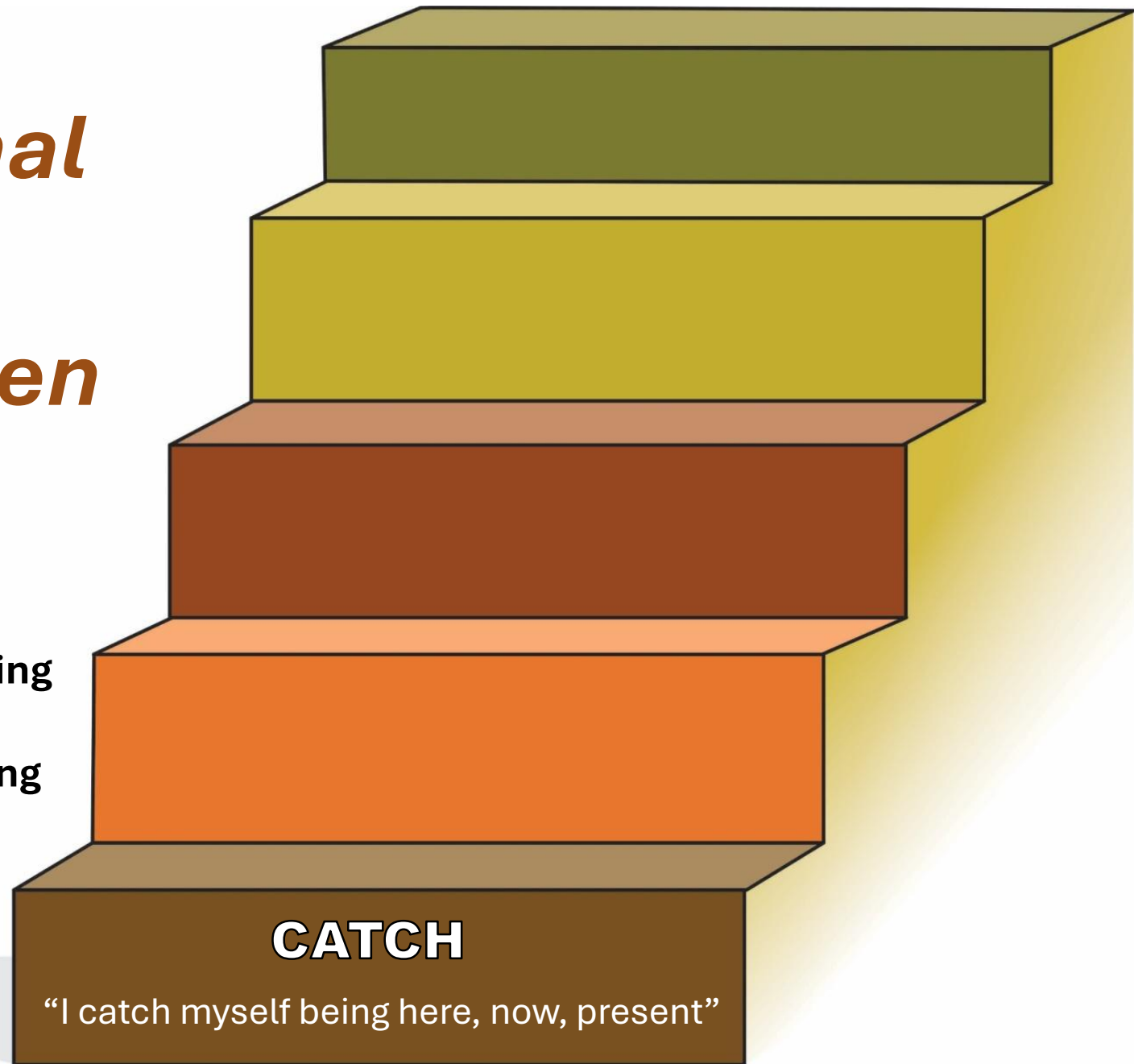


Ben's story



Making Optimal Care and Support Happen

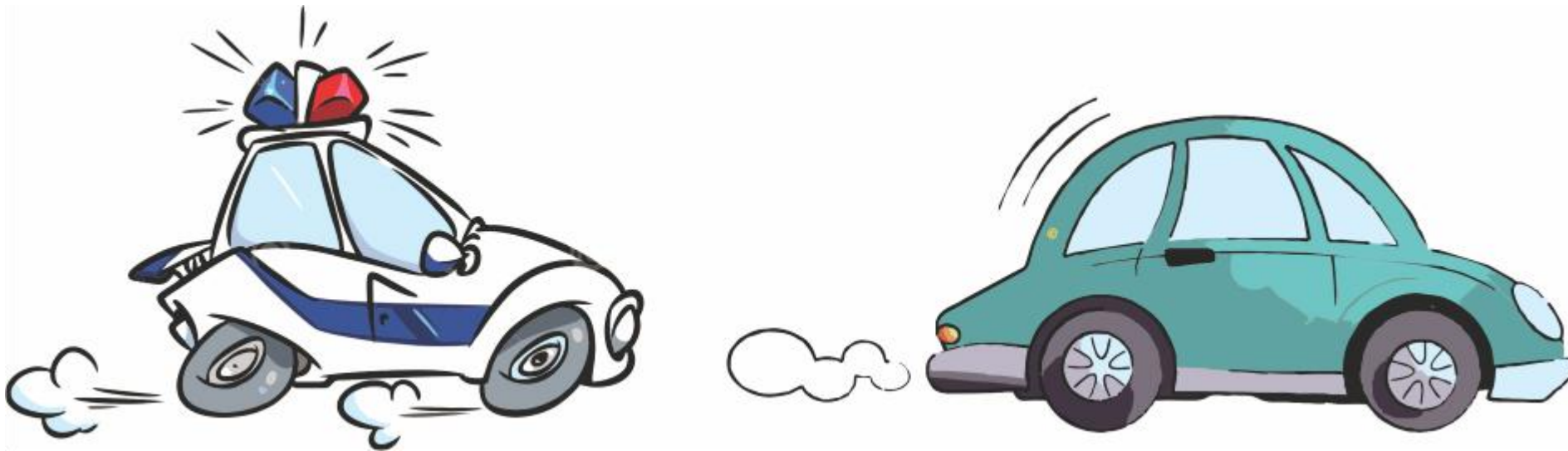
- I pay attention to what I am doing
- I am aware that I'm doing it
- I am aware of what B-FIT is doing



Catching Is...

e.g.

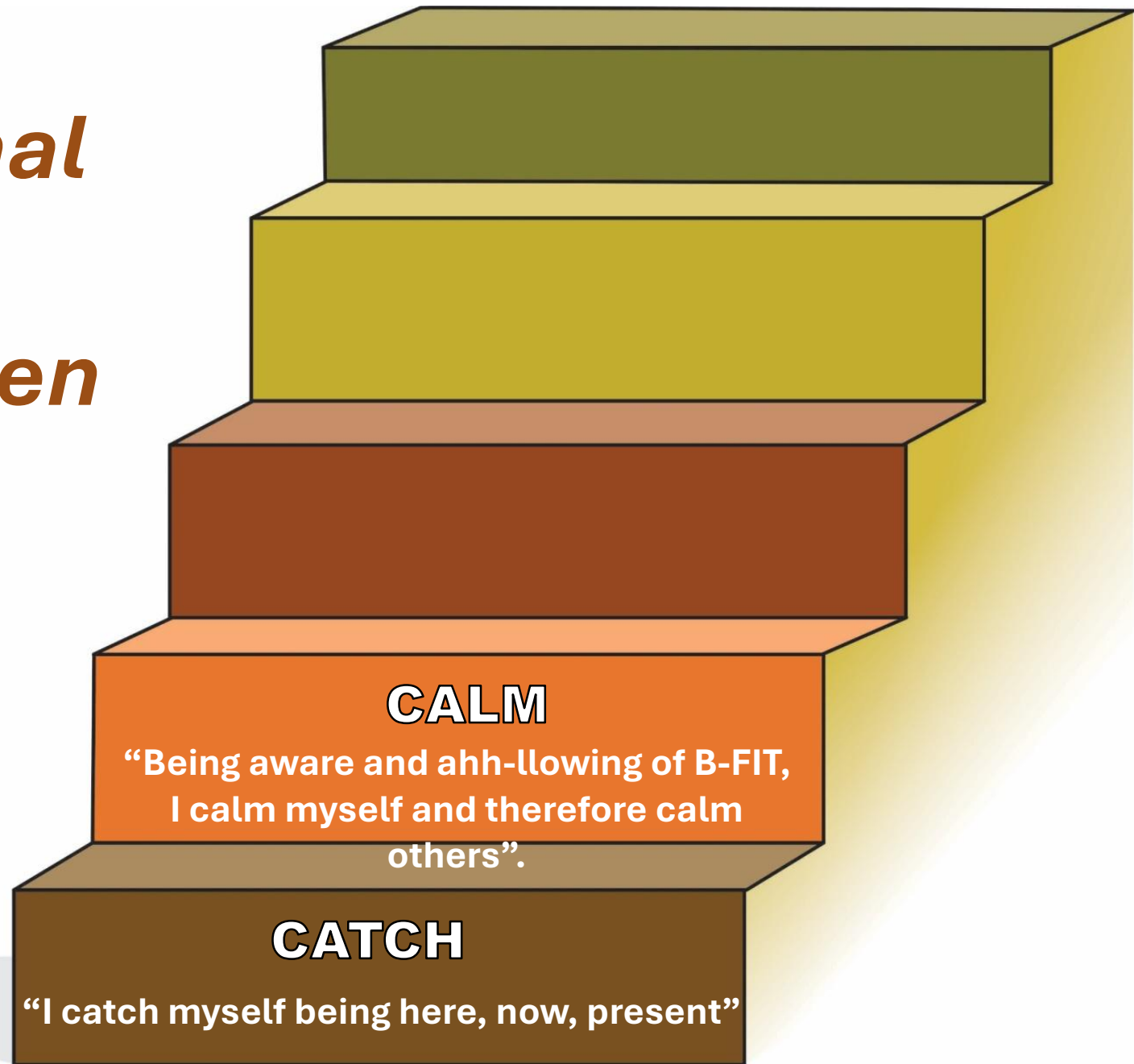
How aware you are when you are driving with a police car behind you?



Right Now – become Aware that you are reading this i.e. Catch



Making Optimal Care and Support Happen



To be calm is to subjectively (internally) experience body sensations, feelings and thoughts with no/low resistance, as you work mindfully and passionately to solve problems or threats happening in your external world.

Calm Is...

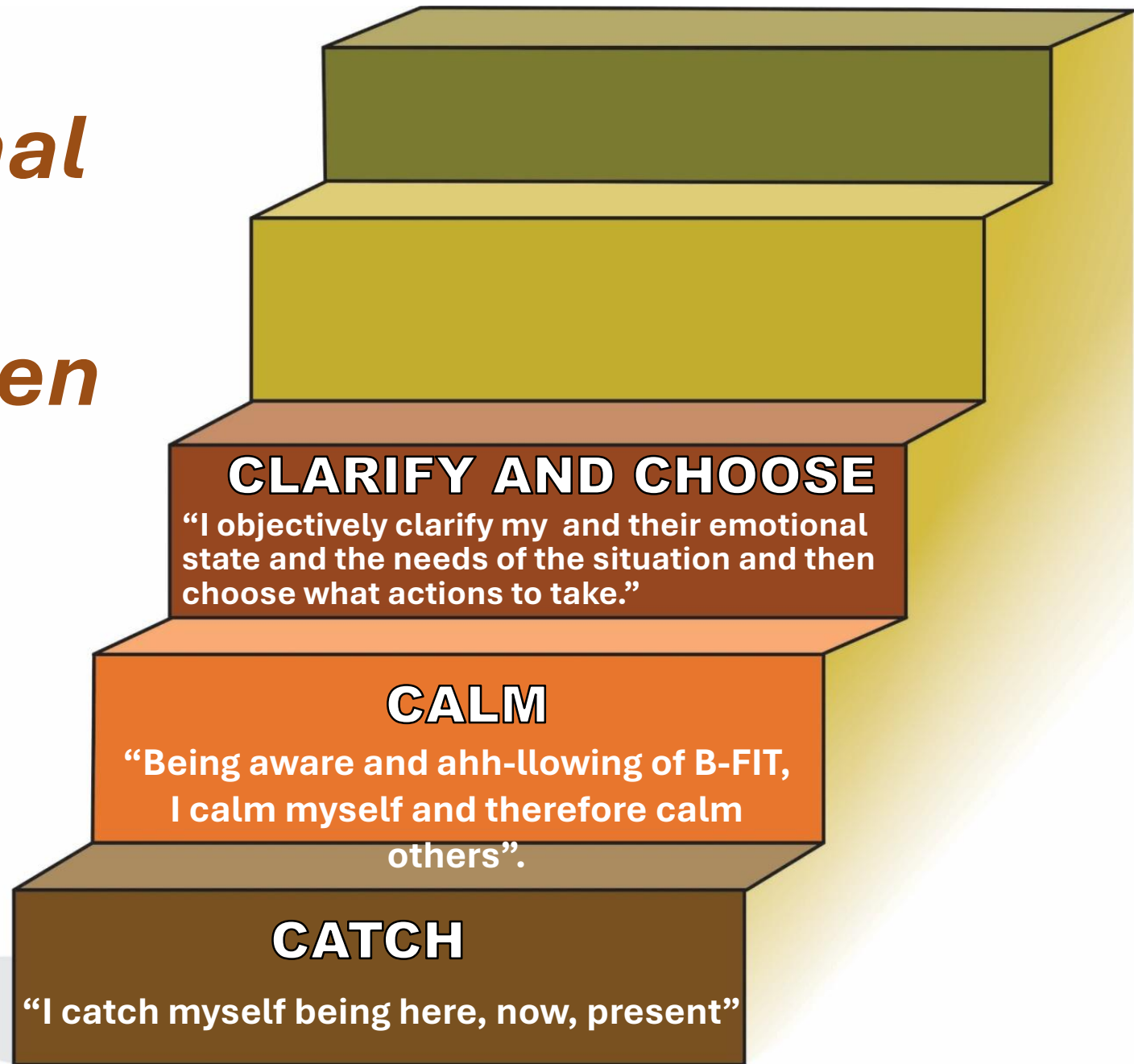


Self Calming Strategies

- Basic B-FIT Stress Rehearsal
- Full Field Focus
- B-FIT Compassion Practice
- Self Bilateral, Biomeridian Awareness Based Calming,
e.g. hands, butterfly hug, mindful movement/walks

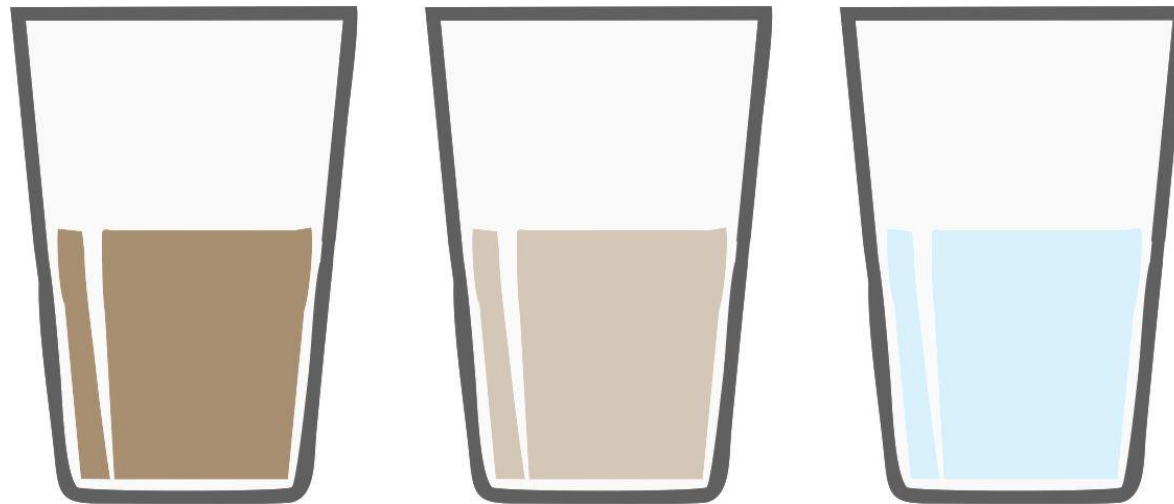


Making Optimal Care and Support Happen

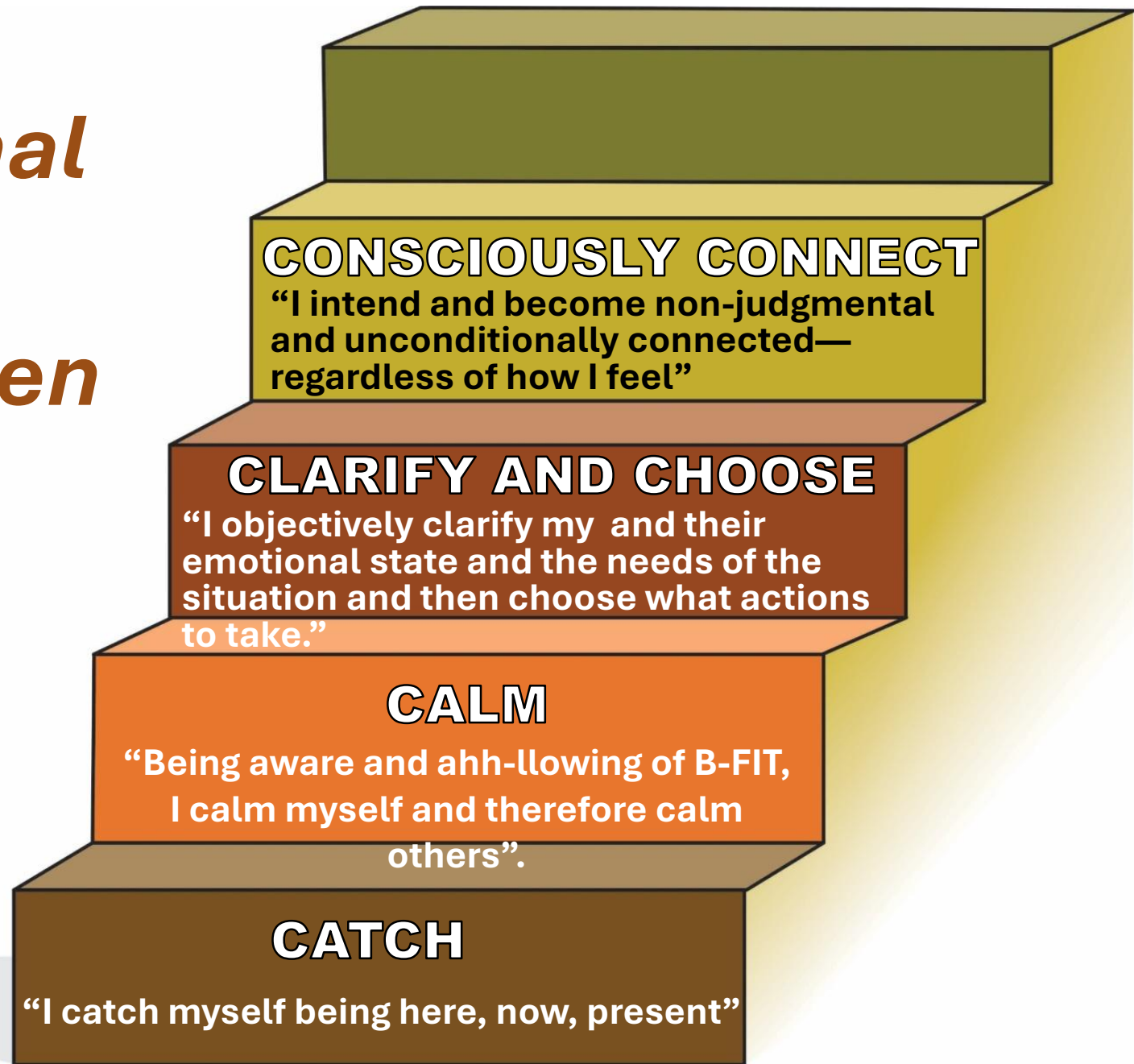


To clarify and choose is...

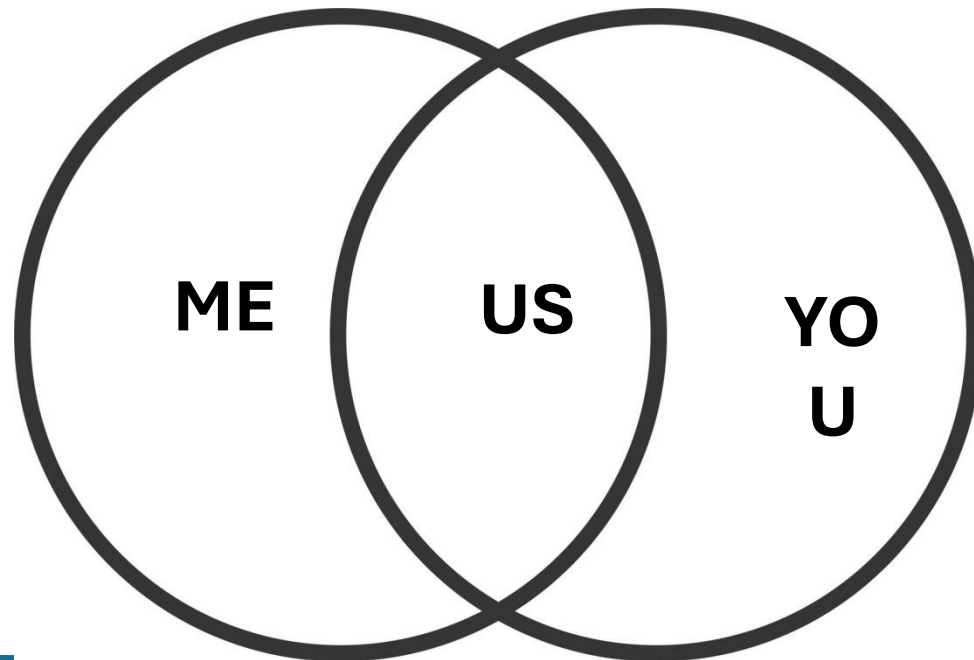
together with catch and calm, remain aware of mine and others' Feelings and Filters that are influencing the situation and then to objectively make informed choices.



Making Optimal Care and Support Happen

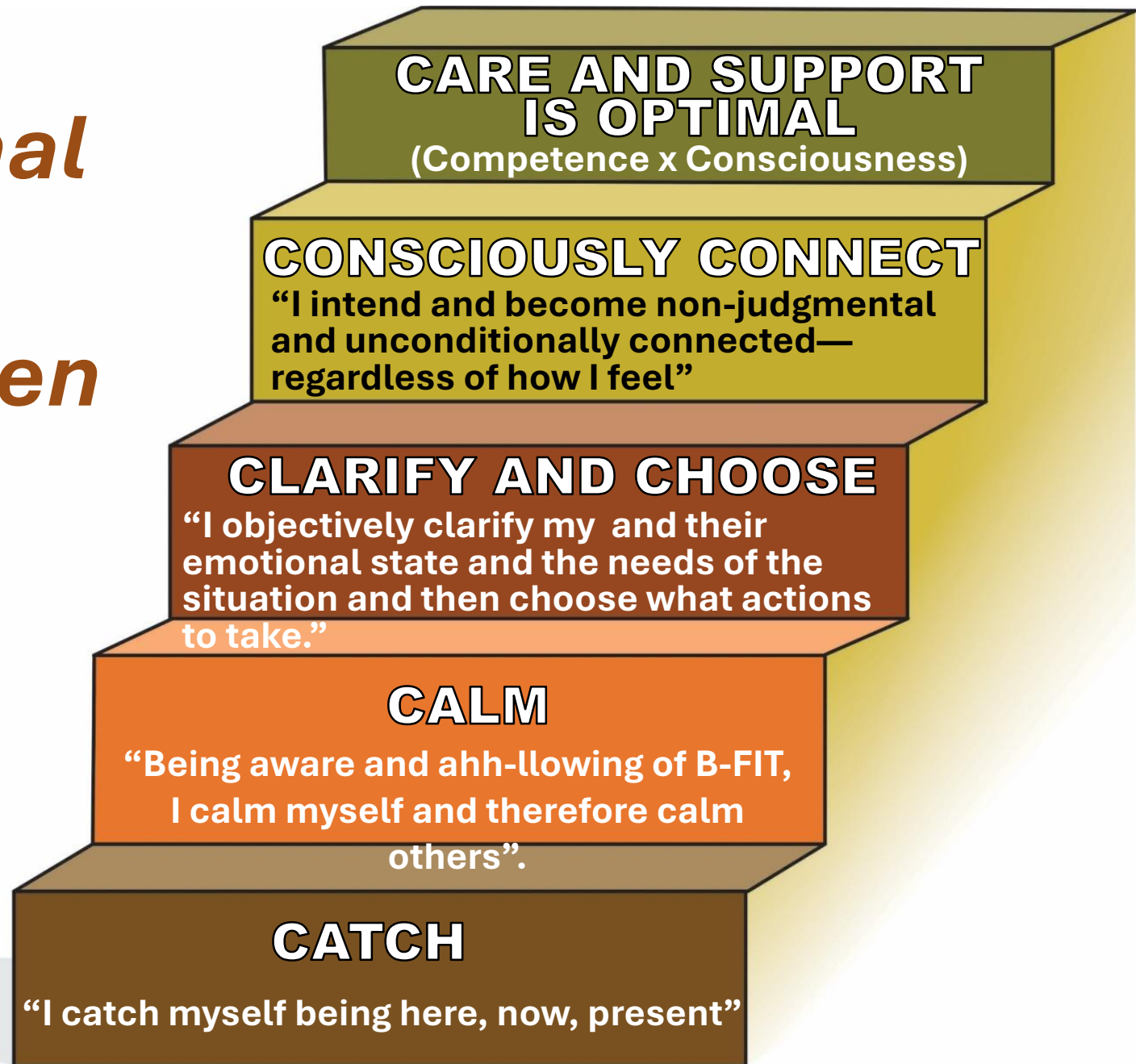


When we **Mindfully Consciously Connect** to another person, we move **beyond our separate identity and roles** to a place of shared unity and stillness – us-ness. This guides our every action, not against anything but in harmony with it. From this place of balance and no subjective resistance, **we know and can therefore positively facilitate what must be done to keep others motivated, safe, respected, and still deeply connected with us.**

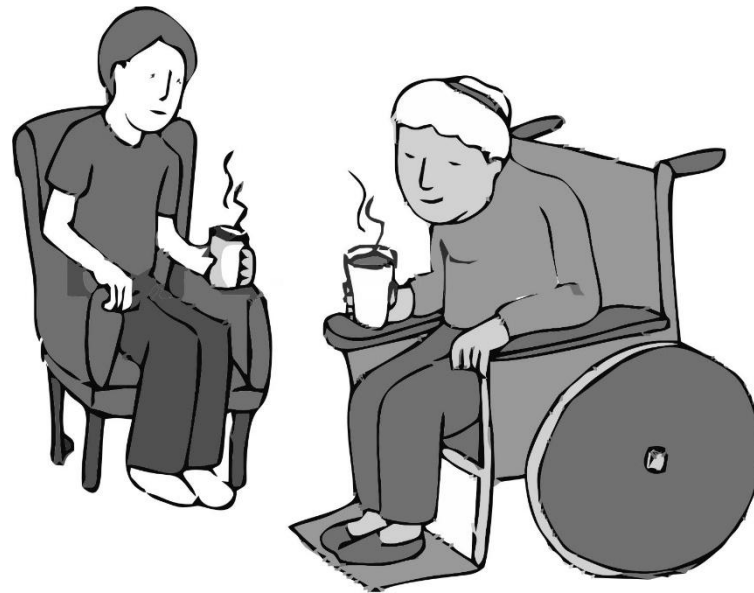


Making Optimal Care and Support Happen

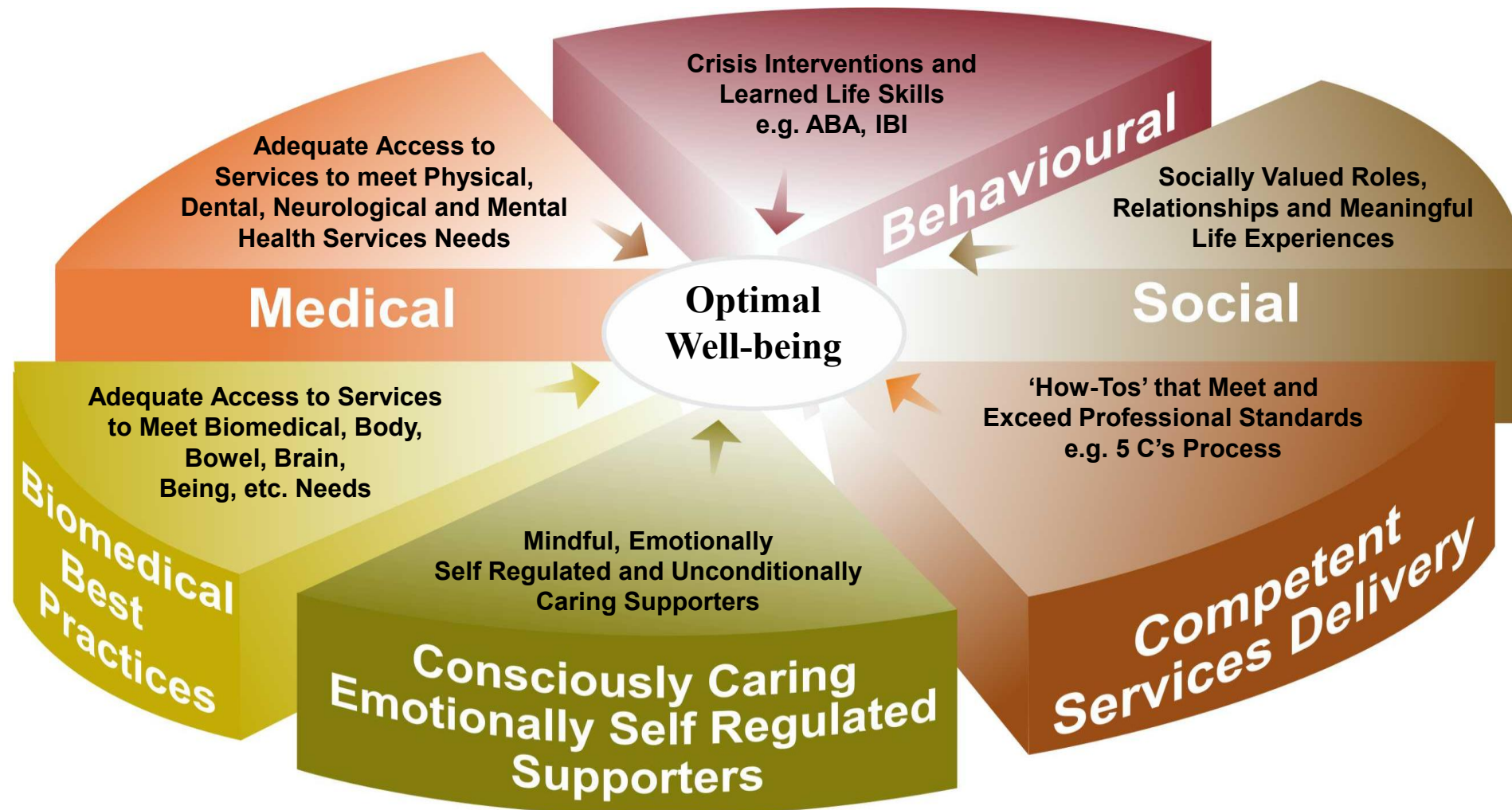
“My mindful, compassionate
actions are useful, truthful, timely
and kind”



I listen to this person with dementia as she shares her most important story with me for the fifth time this morning. I listen and respond as excitedly as I did the first time she shared it with me. I know that my words in this moment are almost insignificant compared to my intention to just be present, Here-Now, for her.



Evidence Based CCS Components for Well-being and the Prevention and De-escalation of Challenging Behaviours*



Our life's most urgent and
persistent question must be; what
will I do for others today?

Adapted from Martin Luther King Jr.

