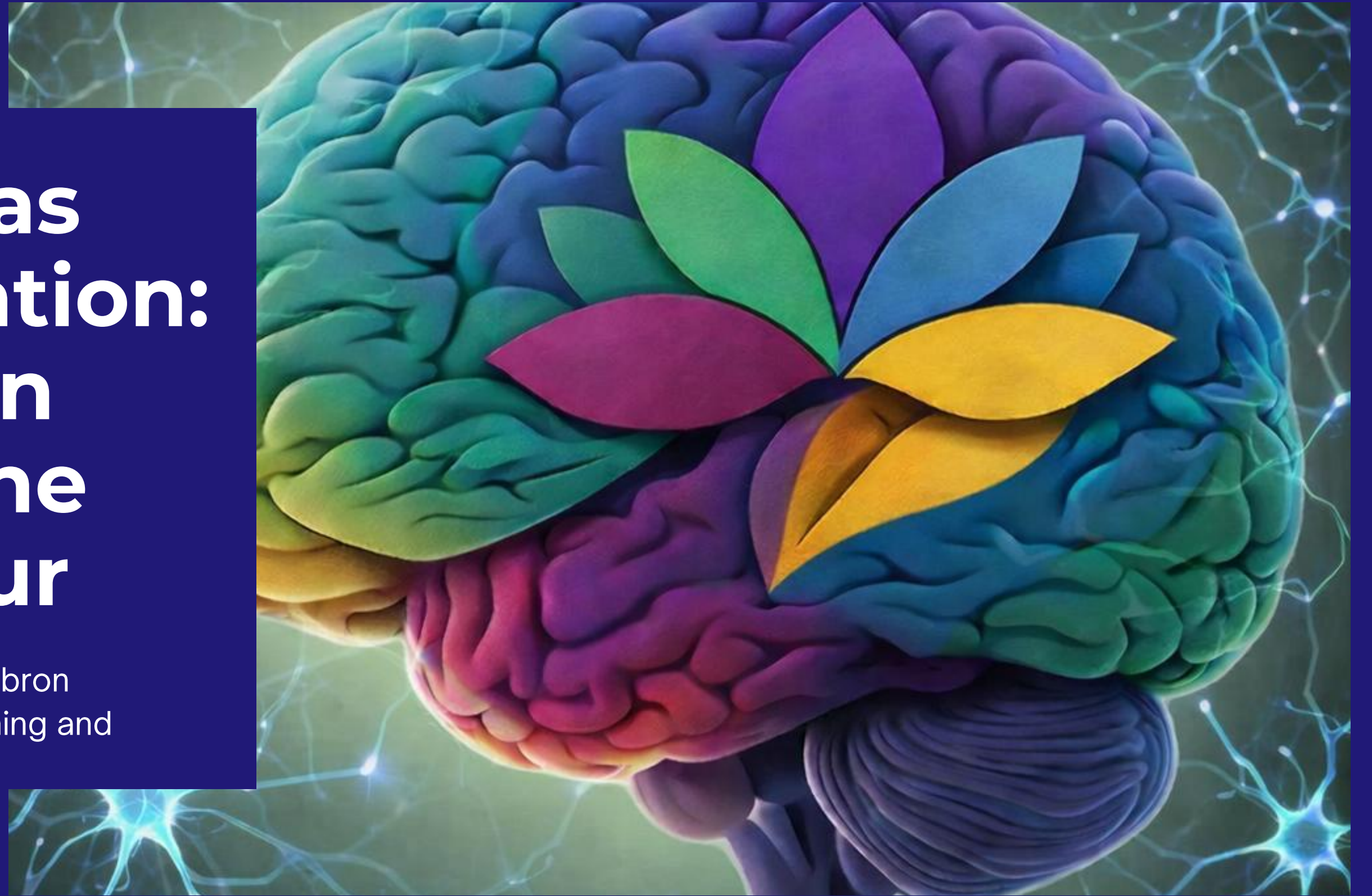
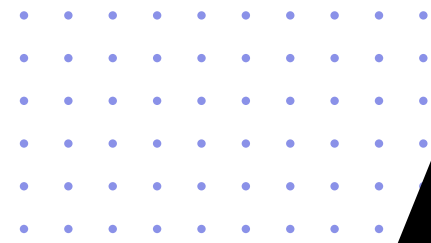




Distress as Communication: The Brain Behind the Behaviour

Presentation By Kate Thubron
Director - Mindful Care Training and
Consultancy





About

We specialise in training and consultancy to support the health and social care sector in providing excellent quality care. We specialise in three areas:

- ***Dementia Care***
- ***Wellbeing, Activities, and meaningful occupations***
- ***Mindfulness, wellbeing and mental health support for care partners and health and social care staff.***

We provide training and support for NHS, Social Care, Care partners and the community in all areas of our specialties. From training to in house coaching, Quality Inspections, strategy writing and support, wellbeing and mental health support for care partners.

Health care Professionals, Mindfulness Practitioners, Dementia Coaches, Teepa Snow trainers, National Award winner, Previous Strategic and Operational Dementia Lead for a large care home company

Mindful Care
Training & Consultancy

Distress - What Do We Think Of First?



Agitation
Challenging behaviour

Escalation

Risk

**“How do we manage
it?”**

“How do we fix it?”



The Changing brain





The Beautiful brain

Functions of the brain

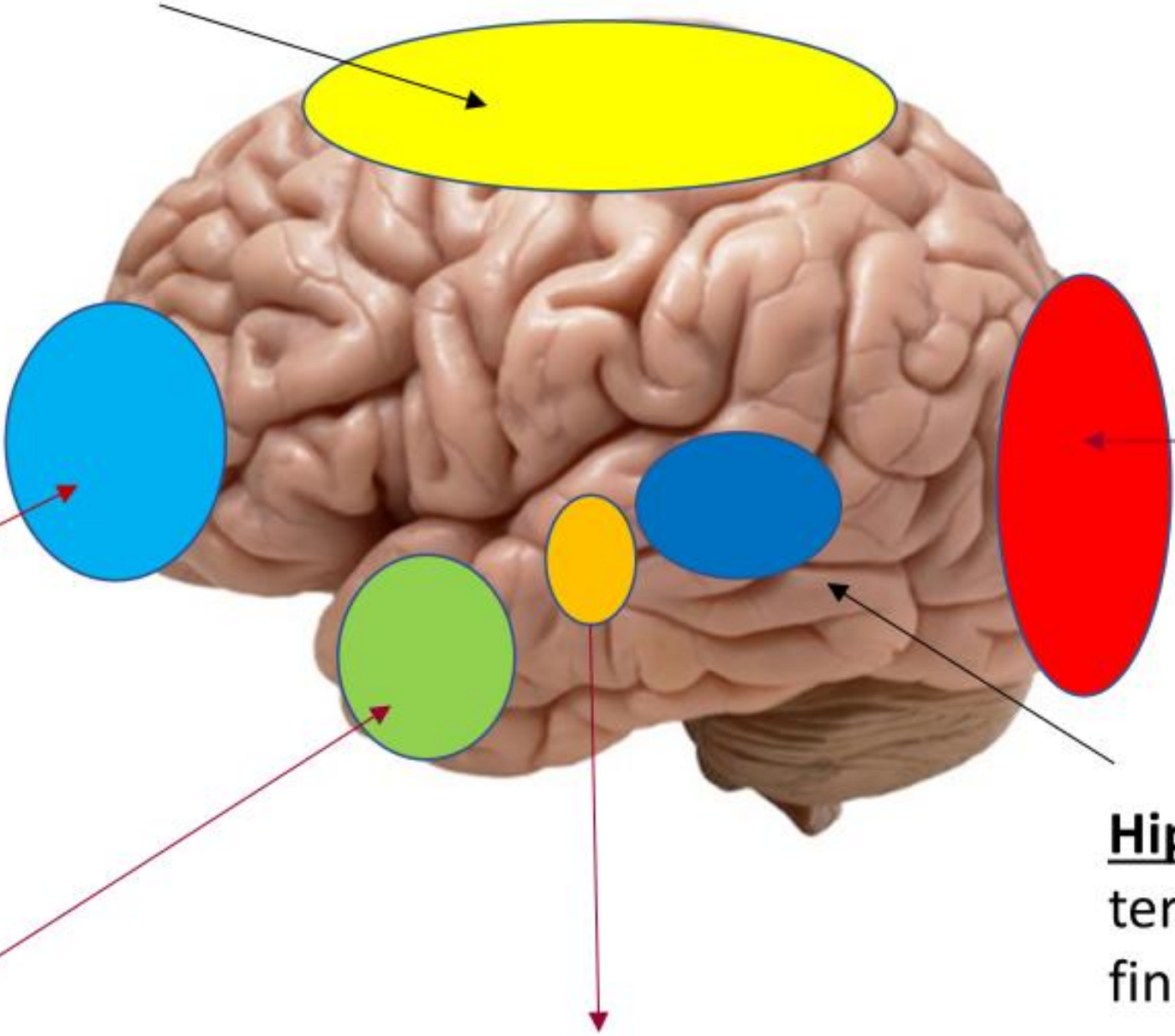
Cerebral Cortex- Sensory motor and movement

Frontal Lobe

(Seeing it from some else's point of view, aware of what is socially acceptable and what is not), reasoning, weighing up decisions, sequencing, initiating and terminating- reverse the way we were developed

Temporal Lobe

LEFT – Language, vocabulary, comprehension of speech
RIGHT – Chit Chat, Music, Rhythm, Swear words, racial slur,



Occipital Lobe- vision

Hippocampus – Short term Memory and finding your way.

Amygdala – Emotions, helps trigger fight or flights
Very vulnerable to vascular traumas – (Vascular dementia)

What is the brain experiencing?
What has changed for this person?
What need is unmet?
**What emotion sits underneath
this?**
Distress is communication.



Is This Dementia — Or Is This Human?

- **Fear**
- **Loss of control**
- **Confusion**
- **Overstimulation**
- **Pain**
- **Loneliness**



**When the brain feels
unsafe:**

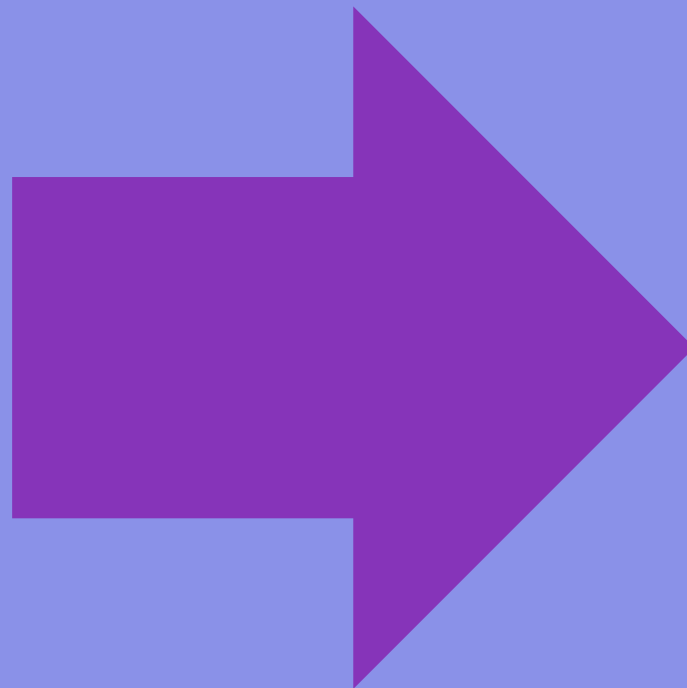
**The emotional brain takes
over**

**Logic reduces
Fight / Flight / Freeze
increases**

Processing slows

**Sensory input
overwhelms**

**This is not dementia.
This is being human.**



Now imagine:

**Not understanding where you
are**

**Not recognising people
Not processing language
properly**

Living in constant uncertainty

**The stress response becomes
more frequent.**

**Distress is often the brain
trying to protect itself**





Distress – What Do We Think of Now?

- **Not behaviour**
- **Not something to fix**
- **Not something to label**

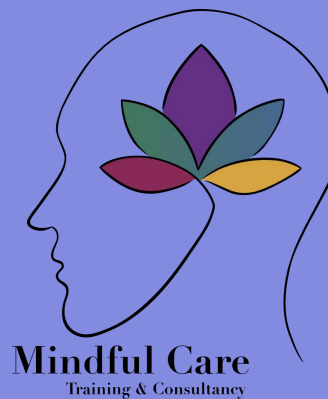
But...


- **The human brain**
- **A stress response**
- **A human response**
- **A brain needing safety**
- **Brain changes on top of this**



- **What is this brain experiencing right now?**
- **And what would safety look like for this person?**

***Because when we support the brain,
we support the person.***

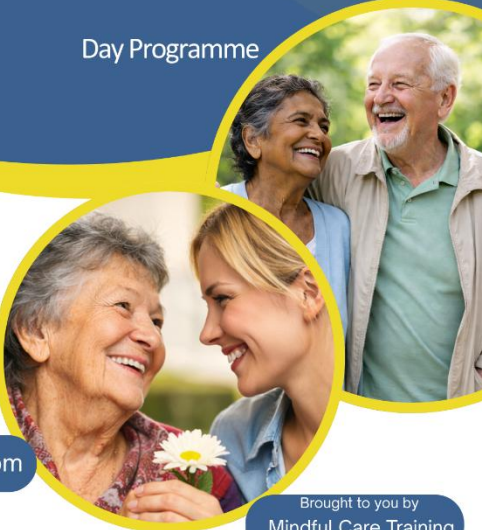




Enriching Lives

Engagement and Wellbeing Forum for Care Homes

Day Programme



Date/Time:
28.04.2026
9.30am - 4.30pm

Location:
LAB 111/112, Lord Ashcroft Building
Anglia Ruskin University - East Rd,
Cambridge CB1 1PT

Brought to you by
Mindful Care Training and Consultancy

info@mindful-care.co.uk www.mindful-care.co.uk

Programme for the Day

- 09:15am - 09:30am **Registration & Networking**
Meet and connect with attendees
- 09:30am - 09:45am **Opening Remarks**
Welcome and event overview
- 09:45am - 10:40am **Understanding Dementia and the Hand-under-Hand Approach (Teepa Snow)**
Mindful Care Training and Consultancy
- 10:40am - 10:55am **Connection Before Medication: Supporting Wellbeing and Engagement in Dementia Care**
Andy Spiers - Social Ability
- 10:55am - 11:15am **Supporting Ability, Not Disability: CST and Montessori in Practice**
Mindful Care Training and Consultancy
- 11:15am - 11:30am **Morning Break & Networking**
- 11:30am - 11:45am **Five Things Great Care Teams Do Differently**
Sam Dondi-Smith, National Dementia Care Accreditation Scheme (NadCas)
- 11:45am - 12:00pm **Reconnecting Families to Everyday Wellbeing**
Sam Thomson - Relish
- 12:00pm - 13:00pm **Songwriting for Connection: Music, Memory & Engagement**
Rob Gildon and Sian Dicker - Britten Pears Arts




Enriching Lives

Engagement and Wellbeing Forum for Care Homes

Tuesday 28th April 2026
9.30am - 16.30pm
Anglia Ruskin University, Cambridge



- 13:00pm - 13:30pm **Lunch and networking**
- 13:30pm - 13:45pm **Wellbeing That Works: Evidence Based, Practical Approaches to Engagement & Outdoor Connection in Dementia Care**
Gordon Malcolm - Dementia Adventure
- 13:45pm - 14:05pm **CQC Alignment & Evidence Building: Showcasing Outstanding Dementia Care**
Tracey McGee - Quality care consultant services
- 14:05pm - 14:30pm **Reminiscence Reimagined: Making Memory Work in Dementia Care**
Mindful Care Training and Consultancy
- 14:30pm - 14:45pm **Calm Pathways & The Dream Lab**
Janet Ashburner Coaching and Wellness
- 14:45pm - 15:00pm **Afternoon break and networking**
- 15:00pm - 15:30pm **Introducing Namaste Care: Sensory Comfort in Dementia Support**
Mindful Care Training and Consultancy
- 15:30pm - 16:00pm **Caring Starts with You: Mindfulness and Meditation for Staff and Residents**
Mindful Care Training and Consultancy
- 16:00pm - 16:30pm **Planting the Seed: Reflection & Pledges**



- ★ Refresh your **activity toolkit** with creative, person-centred ideas that boost meaningful engagement.
- ★ Bring the **community in** to strengthen connection, inclusion, and wellbeing for residents.
- ★ Take away practical, ready-to-use activities for **music, sensory, reminiscence, movement**, and themed sessions.
- ★ Understand **dementia** and the **brain** and what this means for engagement and activity planning.
- ★ Introduction to **Cognitive Stimulation Therapy (CST)**, **Montessori**-based approaches, and **Namaste Care**
- ★ Protect your **wellbeing** with resilience, **mindfulness**, and sustainable compassionate-care practices.
- ★ Discover **new technology** and fresh ideas from **inspiring speakers** to enhance participation and quality of life.
- ★ Meet your people — network with like-minded colleagues and build a supportive peer network.
- ★ **Lunch and refreshments are included!**

Speakers



BOOK NOW >> **Contact: info@mindful-care.co.uk**
Early Bird Ticket: £85 (Limited available)
Standard: £110

Or book via Eventbrite!



SCAN HERE



Thank you

Any
Questions?

info@mindful-care.co.uk

www.mindful-care.co.uk