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# Brain, Behaviour & Better Responses

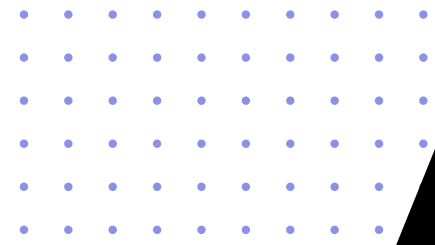
## Moving from managing behaviour to supporting the person

Kate Thubron: Director

Surraya Sadr: Head of Wellbeing and Lifestyles

Mindful Care Training and Consultancy





# About

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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



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- **Revisit the brain**
- **Use the Six Pieces as a reflection tool**
- **Tools and techniques**
- **Connect this to care plans and documentation**
- **What this means for your service**



# Functions of the brain

Cerebral Cortex- Sensory motor and movement

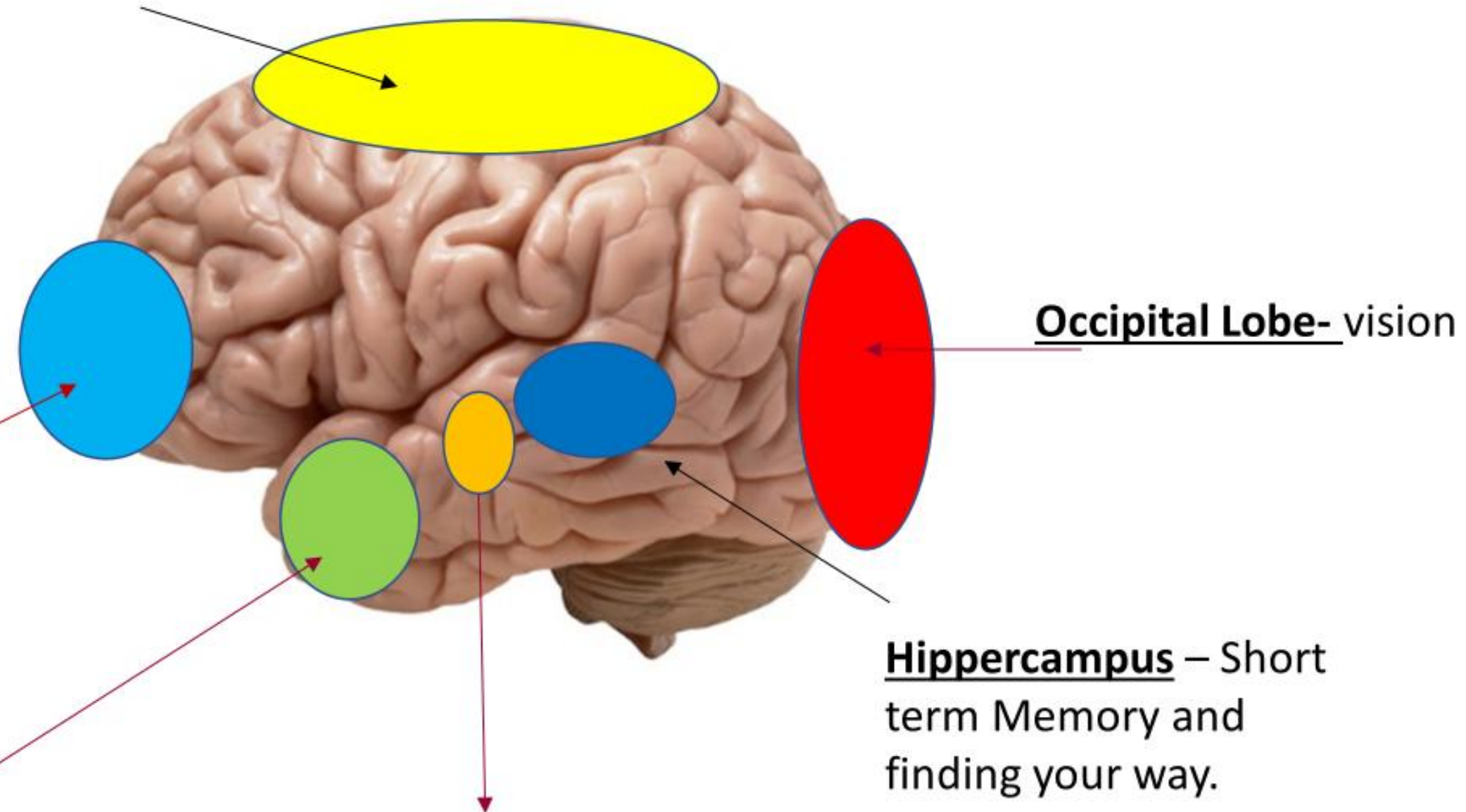
## Frontal Lobe

( 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.

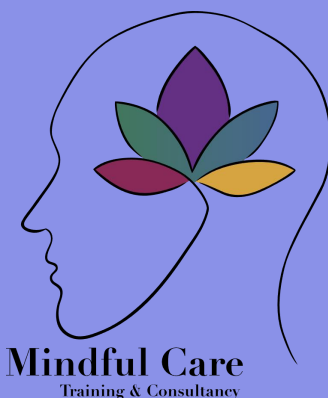
Amygdala – Emotions, helps trigger fight or flights  
Very vulnerable to vascular traumas – (Vascular dementia)



## When the brain feels unsafe:

- **Emotional brain takes over**
- **Logic reduces**
- **Processing slows**
- **Fight / Flight / Freeze increases**
- **Sensory overwhelm**

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**Distress = Stress Response**  
**Behaviour = Communication**  
**Reaction = Protection**



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# Introducing the Six Pieces of the Puzzle

Brain Changes

Physical Health

Life Story

Personality

Environment

Relationships



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## **Case Study: Mr James**

**Mr James is 82 and living with dementia.**

**Over the past month, he has become increasingly distressed in the late afternoon.**

**Has a daughter and son who live close by and visit regularly**

**Enjoys gardening and football**

**He:**

- Paces corridors**
- Tries to leave the building**
- Swears and shouts when redirected**
- Refuses support with personal care**
- Staff describe this as “challenging behaviour”.**

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## Using the Six Pieces as a Care Plan Lens

When reviewing emotional support plans, ask:

Have we considered fully:

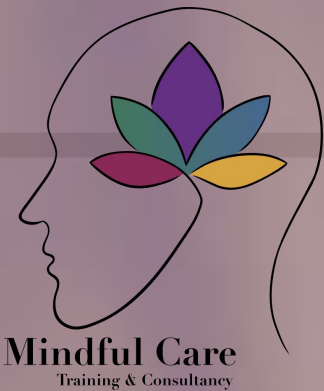
- Brain changes?
- Physical health?
- Life story?
- Personality?
- Environment?
- Relationships?
- Internal/external factors?

Is this plan reactive — or preventative?



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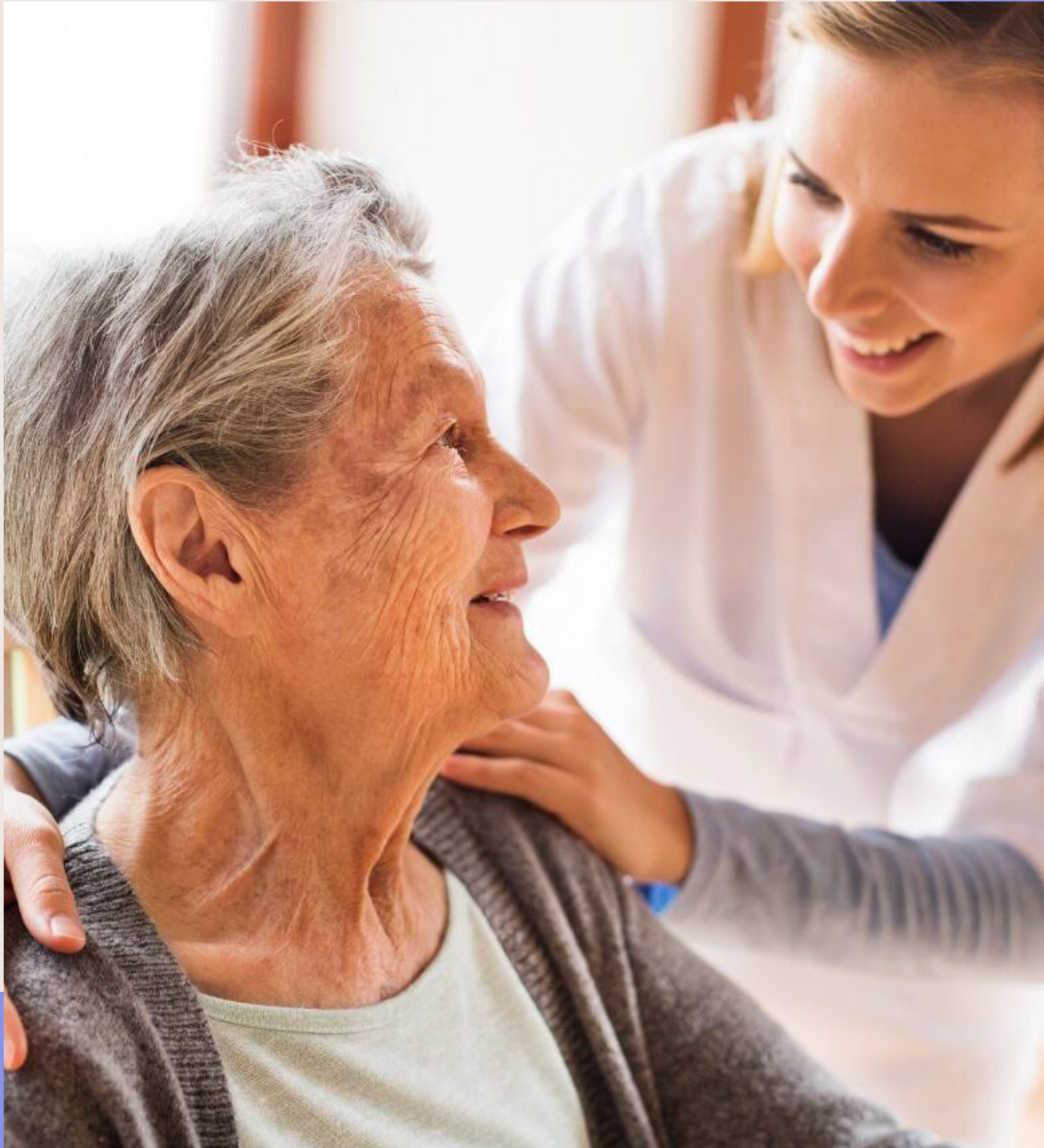
# Think of one emotional care plan in your service.

***Reflect:***

***Which piece is strongest?***

***Which piece may be missing?***

***What would strengthen it?***



# Approaches We Already Know

**Bottom line:  
All aim to reduce distress.**

- **Validation**
- **Reminiscence**
- **Reality Orientation**
- **Positive Physical Approach**
- **Sensory & environmental strategies**

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**If we know the brain feels unsafe...**

**If we know environment and relationships matter...**

**Then how we approach physically matters.**

**Lets look at this further:**

- **Visual Fields**
- **Positioning - Physical Positive Approach**
- **Dominant side - left or right?**
- **hand-under-hand**



# If we understand the brain and the puzzle...

**What can we review?**

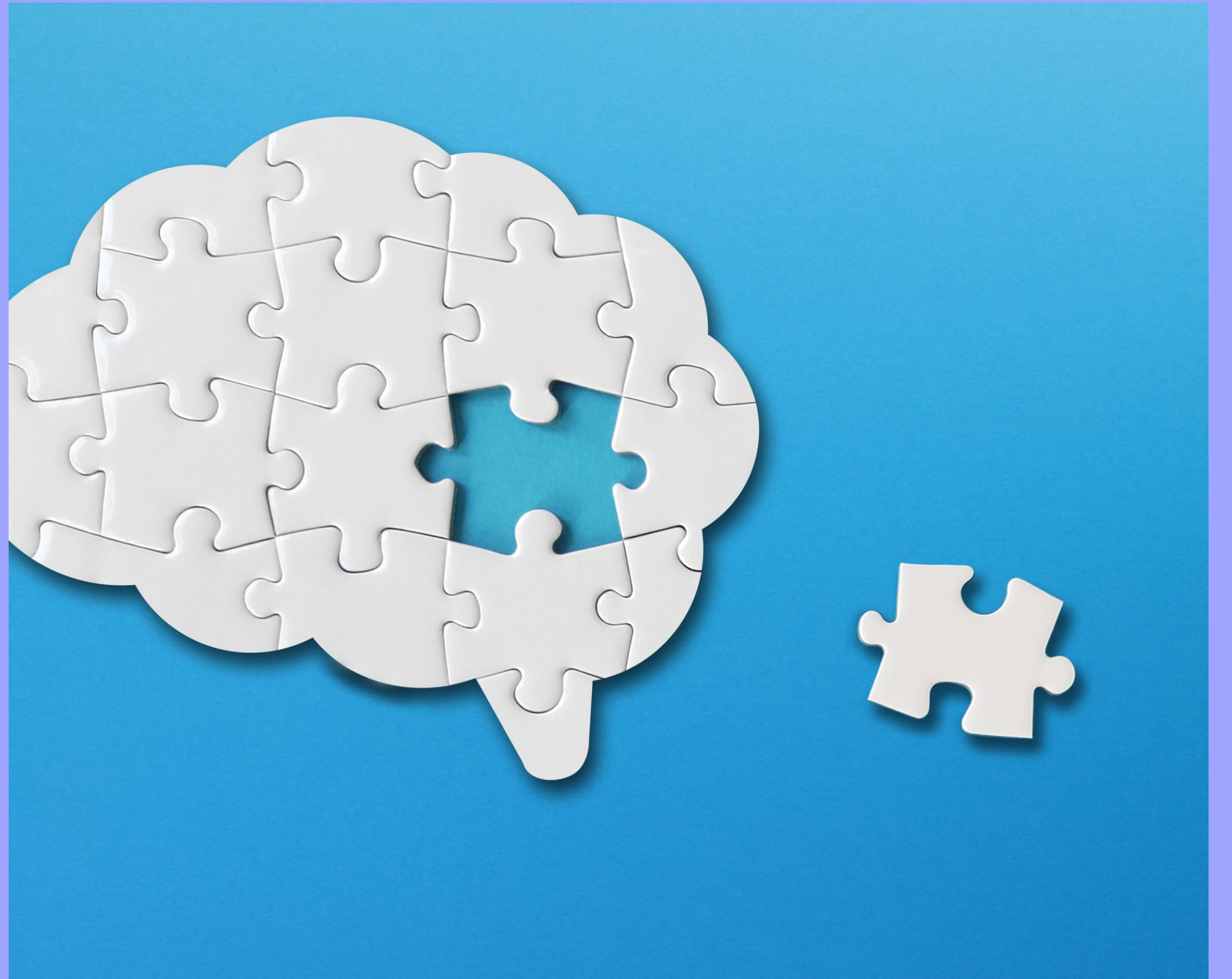
**Care planning?**

**Supervision?**

**Training?**

**Environment?**

**Leadership?**



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# The Impact of Better Responses

**Brain-based understanding can:**

- **Reduce escalation**
- **Reduce safeguarding**
- **Reduce hospital admissions**
- **Reduce PRN use**
- **Improve staff confidence**
- **Improve inspection outcomes**



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**Where are you now?**



**What support do you need?**



**What would the impact be if improvements were made?**

# Reflection

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# Better Responses Begin with the Brain

But perhaps the better question is:

*“How do we prevent unnecessary stress in the brain?”*

When we:

- Understand the brain,
  - Consider the whole puzzle,
  - Respond physically in a regulating way,
  - Reflect systemically...
- 
- We move from managing behaviour
  - to designing safety.

And that changes services.



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Thank you



Any  
Questions?

[info@mindful-care.co.uk](mailto:info@mindful-care.co.uk)

[www.mindful-care.co.uk](http://www.mindful-care.co.uk)