

The Namaste Care program™

“To Honour the Spirit Within”



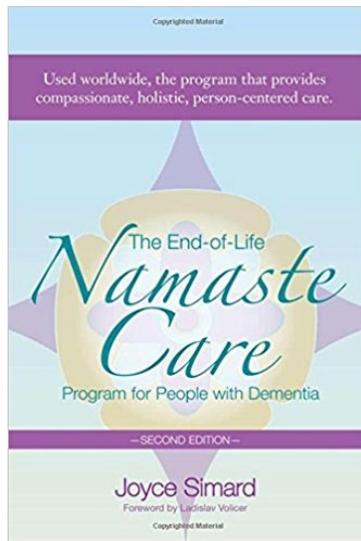
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What is Namaste Care?

- A multi-sensory program developed by Joyce Simard (Vermont, 2003) to improve quality of life for people with advanced dementia in long-term care



Program established in:

- USA, Australia, Canada, England, Scotland, Iceland, Singapore, Greece, Hong Kong, Netherlands, Czechoslovakia
- Netherlands (undertaking 4-year research project)
- Australia: First-funded research 2010 with 2 RACFs continuing to offer the Namaste Care program (Minchinbury Manor, the longest running program outside of the USA).



Photo supplied by Simard, J.

ALZHEIMER'S DISEASE

✓ EXISTING

✓ Fed

✓ Washed

✓ Changed

✓ Isolated in bed, alone,
invisible

✓ Sleeping through activities

✓ Sitting in front of the
television but not watching

Who would benefit?

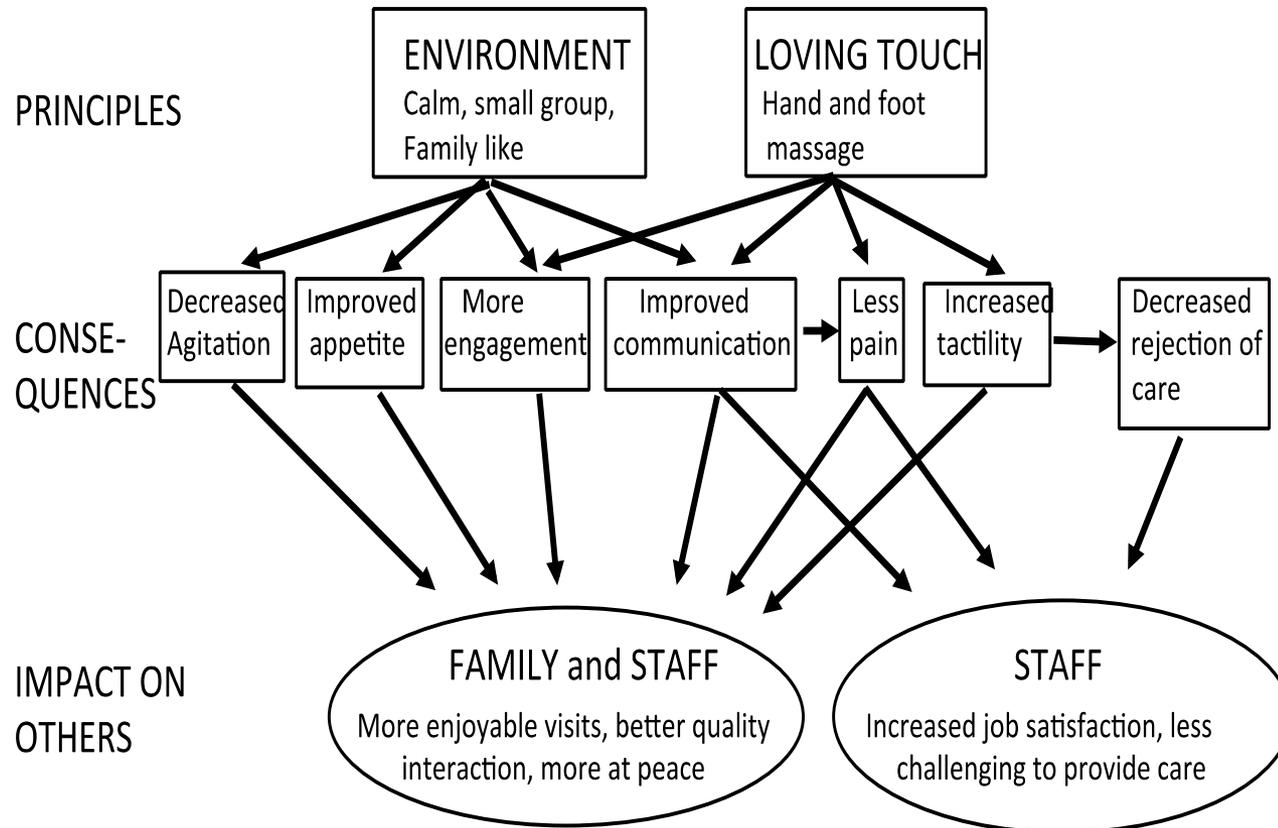
- ✓ Advanced dementia or other neurological illness
- ✓ Advanced Parkinson's disease
- ✓ Emphysema
- ✓ Palliative care patients
- ✓ Residents who are disruptive
- ✓ Residents who are having a "bad" day/agitated
- ✓ Head injury
- ✓ Returning from a hospital stay

Namaste Care overview

- ✓ Offered every day (2x2 sessions) in a tranquil environment.
- ✓ Meaningful activities are Activities of Daily Living (ADL's) provided with a slow loving touch approach
- ✓ Hydration/nourishments are constant
- ✓ Social connectedness, engagement, Fun!

Two guiding principles: Calm, peaceful environment and loving touch

NAMASTE CARE



What is Namaste Care?



QUESTION TO ASK?

Will NAMASTE CARE make a positive difference in the resident's life?



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Nursing staff and personal care workers

**Help residents LIVE not just
exist, with quality in their
lives until they take their
last breath**

Namaste Care Philosophy Statement

We believe that the spirit in each person lives regardless of their physical and cognitive status and that it is possible to nurture this spirit in each individual through loving touch and meaningful activities. This spirit thrives when people are in the presence of others in a calm environment.



Multi-
sensory
elements

WHAT IS NAMASTE CARE?

Honouring the spirit within



Respectful and compassionate approach to people with dementia

The presence of others



Social group so person with dementia feels included in their community

Life story



Person centred adaptations

Sensory stimulation



Stimulation of the five senses: music, colour, touch, smell, food tastes

Enabling people to be themselves



Allowing person to 'just be' in the Namaste space

Meaningful activity



Personal care as meaningful activity: washing as pleasurable sensation

Food treats and hydration



Offering food and drink through the session

Family meetings



Creating a bond, enabling conversations

Comfort and pain management



Comfortable seating and pain assessment

Morning

- Moisturising ±makeup
- Shaving (old fashioned way)
- Hair care
- Hand washing & massage
- Nourishment (as tolerated)

Person-centred care activities

Namaste Care activities

Afternoon

- Familiar music
- Connection with fun/soft/furry/familiar objects
- Passive range of motion exercises (provide touch, prevent contractures, promote blood flow)
 - Gentle foot washing and massage

Stimulating environment

RESPECT for INDIVIDUALITY (person-centered care)

- ✓ Know the person
 - ✓ History, family, work history, hobbies, leisure activities
 - ✓ Daily routine (listen to family & staff)
 - ✓ Last wishes, how they would have liked their last days to be lived

TYPICAL DAY

- ✓ Residents wake up and receive morning care
- ✓ Residents given breakfast
- ✓ The Namaste Care room is prepared
- ✓ Carers transports residents who participate in Namaste Care to the Namaste Care room
- ✓ Resident is greeted and made comfortable
- ✓ Carers assist with transfer from wheelchair to lounge chairs as needed

Residents are offered a drink/snack (continuous nutrition /hydration)

- ✓ Lollypops
- ✓ Ice cream
- ✓ Sherbet
- ✓ Yoghurt
- ✓ Puddings
- ✓ Soft cookies

- ✓ Juices
- ✓ Water
- ✓ Smoothies
- ✓ Bananas
- ✓ Watermelon
- ✓ Orange slices

TYPICAL DAY

- ✓ Bring the outside in
 - ✓ Nature
 - ✓ Seasonal
 - ✓ Funny
 - ✓ Personal

Afternoon activities

- ✓ Activities involving 'soft, fun, furry, and familiar' items
- ✓ Movie classic or comedy show from the past
- ✓ DVDs featuring the natural world, children
- ✓ Foot soaks
- ✓ Reading/being read to
- ✓ High calorie treats/Hydration (continuous)
- ✓ Family visits

FINAL FAREWELL

- ✓ Flag or quilt placed over the body
- ✓ Staff and/or family accompany the resident to the hearse through the front door
- ✓ Memorial service