

The Impact of a Namaste Care Programme in care homes with residents with Advanced Dementia



Sara Jones and Lynne Partington
The End of Life Partnership



- Providing meaningful individualised care for people nearing the end of life with advanced dementia is often difficult due to communication challenges, lack of time and busy environments
- We wanted to support organisations to look at how they could utilise existing resources while enhancing care provision
- Through exploring a programme of care based on communication through the use of the five senses, we felt that the Namaste Care Programme could enhance the wellbeing of individuals with dementia and those who are caring for them



- ‘Namaste’ originates from a Hindu word meaning ‘To honour the spirit within’, chosen for its depth of meaning by the founder of the Namaste Care Programme, Joyce Simard
- The Namaste Care Programme provides a way of enhancing gentle communication through the use of the five senses
 - Touch, Vision, Sound, Taste and Aroma*
- Namaste allows the creation of a calming and supportive environment every day for people who have advanced dementia
- The pace is slowed, with time for compassionate, social and person-centred engagement

Namaste is about Quality of Life

Aims:

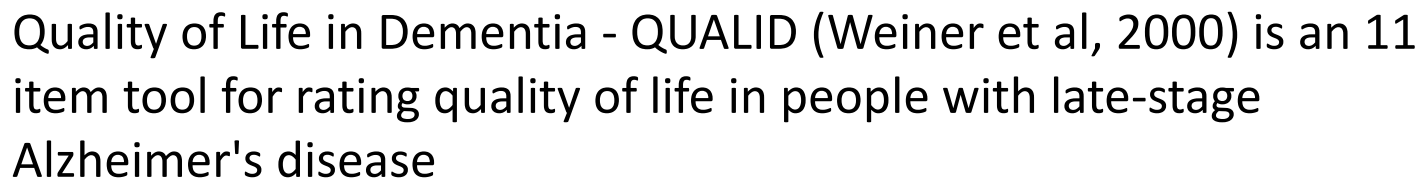
- To develop a sustainable approach to the use of the Namaste Care Programme across local care settings for people with Advanced Dementia
- To implement Namaste Care in local care settings for people with Advanced Dementia

What did we do?

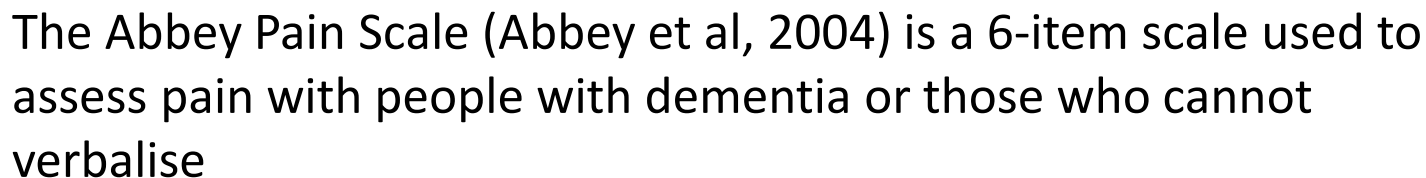
- Recruitment and induction of the Namaste Care Programme project worker
- Engagement with interested care settings: care homes, hospice, befriending service, hospitals and neurological centre
- Snowball recruitment process (23 organisations were involved with the pilot project)
- Project worker developed resources and provided training, guidance, advice and support
- Awareness of organisational culture on implementation
- *Evaluation to capture evidence and impact of the Namaste Care Programme*

Flexibility was key to respond to need/change





n=28
QUALID score ranges from 11-55 (Inverse
score rating)



n=29





- The project worker kept a log. Informal interviews took place with staff and used with their permission. Several recurring themes emerged and concur with other literature (Magee et al, 2017; Volicer & Simard, 2015; Stacpoole et al, 2014)
- The key themes are:
 - A different way to provide care
 - Re-engagement of residents
 - Improvements in residents' appetites
 - Unique, but simple initiative
 - Changes in the care home environment



- A different way to provide care

'In the beginning I think everyone thought 'how are we going to fit these 4 hours in every day on the staff that we have?'... Then when we started it and people saw how much it benefitted the residents, literally from day 1 it's happened twice a day, it's fitted right in' (*Care home carer*)

- Re-engagement of residents

'One man was laughing, smiling- much more alert with his wife, and she was made up! She approached us with tears in her eyes and was just so happy'! (*Care home activities coordinator*)

- Improvements in resident's appetites

'One lady put on over 1kg in 6 weeks. She was in bed all the time, but we found an old chair that allowed her to get out and she's gone from not holding a cup to holding a cup' (*Namaste support worker*)

- Unique, but simple initiative

'It's a proven success, it does work, and it doesn't cost any more money'! (*Care home Chef*)

- Changes in the care home environment

'The whole home has become calmer' (*Care support worker*)



- For sustainability, organisations need to take ownership from the beginning: if the benefits are seen within, it increases engagement
- Namaste can be implemented in a cost effective manner, but does require a different way of thinking for this to happen
- The benefits of Namaste have been acknowledged by our local Clinical Commissioning Groups who specified “expansion into further organisations” and we are involved with a further 17 to date



Clara's story

* Names has been changed to maintain confidentiality

Thank you...

