

New course now available



Namaste Care course

Namaste Care is a multi-component sensory intervention for people with advanced dementia and at end of life. It is person-centred, relationship-based care that combines elements of best practice dementia care with best practice palliative care.

This online course will develop your knowledge and confidence to implement and facilitate Namaste Care sessions within your setting for people living with advanced dementia and at end of life. You will learn from experts in the field as well as hear directly from those with lived experience of dementia.

Who is it for?

Health and social care staff, volunteers and family carers supporting people living with advanced dementia in any setting.

What will I learn?

The course will support you to:

- Understand what Namaste Care is and why it is important.
- Consider the practicalities of creating a Namaste Care environment.
- Plan and structure Namaste Care sessions.
- Develop knowledge around using the senses to connect with people with advanced dementia.
- Improve your communication skills.
- Have a greater awareness of how to care for yourself.

Programme

The course will run across 10 weeks with a live online session every fortnight. It combines a range of self-guided learning activities and bespoke resources to support your learning and practice.

Ongoing support

Enrolling on this course also entitles participants to 12 months of follow up "implementation and sustainability" support meetings from the NEAR charity, who collaborated with us to develop the course.



Fee

£362 per person

Contact

Please contact the course tutor Nicola Jacobson-Wright for full details of the course, session dates, and how to register: dementia@worc.ac.uk