



WHY NAMASTE CARE MATTERS

Understanding the Needs of People Living with Advanced Dementia

An evidence-informed approach to comfort, connection, dignity and wellbeing

THE CHALLENGE

As dementia progresses, many people lose the ability to:

- ✓ Join group activities
- ✓ Express needs verbally
- ✓ Initiate social interaction
- ✓ Seek comfort and reassurance

However, the need for:

❤️ Comfort, 🤝 Connection, 🌿 Meaning and 🏠 Belonging

remains just as important.

Without a structured approach, care can unintentionally focus primarily on physical needs, while emotional, sensory and relational needs receive less attention.

WHAT IS NAMASTE CARE?

Namaste Care is an evidence-informed model of care designed specifically for people living with advanced dementia.

It focuses on: 🌿 Comfort, 🤝 Connection, 🤝 Reassuring touch, 🎵 Meaningful sensory experiences and 🗣️ Communication.

Even when words are lost, the need for connection remains.



NAMASTE CARE IS NOT AN ACTIVITY

One of the most common misconceptions about Namaste Care is that it is an activity programme.

It is not.

Namaste Care is Care.

Dedicated Namaste Care sessions are delivered by care staff as part of care practice and are designed to meet the complex emotional, sensory and relational needs of people living with advanced dementia.

NOT MORE TIME. DIFFERENT TIME

One of the most common concerns is:

"Will this create more work?"

The answer is no.

Namaste Care is not about finding more time.

It is about using the time we already have differently.

The approach helps staff create meaningful moments within the care they already provide.

WHY LEADERSHIP MATTERS

Successful implementations have one thing in common: **Visible management support.**

Managers play a crucial role in:

- | | |
|-------------------------|---|
| ✓ Attending training | ✓ Understanding the model |
| ✓ Supporting care staff | ✓ Protecting the Namaste Care space |
| ✓ Removing barriers | ✓ Embedding Namaste Care into the culture of the home |

When leadership is engaged, Namaste Care becomes part of everyday practice and is sustained over time.

THE OUTCOME

People living with advanced dementia experience:

- ❤️ Greater comfort
- ⚠️ Reduced Pain
- 🤝 Stronger connection
- 👂 Opportunities to communicate
- 🌿 Enhanced wellbeing
- 🕯️ Meaning and purpose
- 🏠 A sense of belonging

★ KEY MESSAGES

✅ **Manager buy-in is essential**

The most successful Namaste Care homes have visible leadership support. Managers create the conditions that allow the approach to flourish and be sustained.

✅ **Namaste Care is not an activity**

Namaste Care is a model of care designed specifically for people living with advanced dementia. Responsibility for delivery sits within care practice.

✅ **It does not require more time**

Namaste Care is not about finding more time. It is about utilising the time we already have differently and making existing care interactions more meaningful.

The person is still there.

Behind the dementia is a person who continues to need comfort, connection, purpose and love.

Namaste Care helps us recognise the person, not the condition, and support them to continue living until they die.