

Introduction to Namaste Care

Three-day online workshop

Do you work with people with advanced and advancing illness, including dementia?

Would you like to build practical skills that enhance wellbeing, comfort and connection for those you care for, right through to the end of life?

If yes, this three-day online workshop is for you.

Spring workshops

- Wednesday 29 April
- Wednesday 13 May
- Wednesday 27 May

Time: 9.15am to 2.00pm each day

Autumn workshops

- Wednesday 23 September
- Wednesday 7 October
- Wednesday 21 October

Time: 9.15am to 2.00pm each day

Places and booking

- 30 places per workshop
- Demand is high, early booking is strongly advised
- Payment is required at the time of booking

Pricing

- £190 for one participant
- £290 for two participants
- £390 for three participants

To book, scan the QR code. For further information on booking and payment, please contact Valerie at valerie.mackenzie@ppwh.org.uk



What is Namaste Care?

An Evidence Informed Model of Palliative Care for People with Advanced Dementia

Honouring the Spirit Within



Doing all we can to help people live, not just exist

Healing Harmonious Setting



Making things soothing and cosy

Intentional Presence



Warm, kind, skilled, focussed attention

Therapeutic Scheduling



Regular access to sessions during the week

Warm welcome



Creating a sense of safety and belonging

Comfort is Key



Well supported in comfortable chairs

Free from Pain



Pain identified, assessed, treated and monitored

Positive Touch



Choreographed touch/ holding hands/ warm connections

Sensory Engagement Practices



Meaningful engagement through the senses

Agency and control



Recognising verbal/ non-verbal signals

Fun



Enriched opportunities for pleasure and enjoyment

Keeping the end-in-mind



Honouring preferences and choices

What is Namaste care?



Seeing is Believing



Namaste in Dementia Care



The Prince & Princess of Wales Hospice