Why Namaste Care Matters in Advanced Dementia Care

A guide for care home leaders and decision-makers

People living with advanced dementia have unique needs that are often difficult to meet through traditional models of care alone.

As dementia progresses, many people lose the ability to communicate verbally, participate in group activities, express discomfort, or seek out social interaction. However, their need for comfort, connection, reassurance, belonging and meaningful human contact remains.

Whilst care homes generally provide excellent physical care, people living with advanced dementia remain at risk of spending long periods of the day with limited opportunities for meaningful engagement, sensory stimulation and emotional connection.

Without a structured approach, care can unintentionally focus on necessary tasks such as personal care, medication, nutrition, and safety, while emotional, sensory, and relational needs receive less attention.

For people living with advanced dementia, meeting physical needs alone is not enough. Quality of life, comfort and human connection remain essential throughout the dementia journey.

What Is Namaste Care?

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

It provides a structured approach to meeting emotional, sensory, social and comfort needs through:

- Meaningful one-to-one connection
- Gentle sensory experiences
- Comfort-focused care
- Reassuring touch
- Calm and welcoming environments

- Dedicated, unhurried time with residents

At its heart, Namaste Care recognises that even when verbal communication becomes limited, people continue to experience comfort, pleasure, connection, love and belonging.

Why a Model of Care Matters

A care model provides a shared framework that guides practice across the home.

Without a clear model, approaches can vary between staff members, shifts and departments. Good intentions alone do not ensure consistency.

Namaste Care creates intentional opportunities for connection and comfort rather than relying on these moments happening by chance.

For residents living with advanced dementia, this can make a significant difference to daily experience and quality of life.

Namaste Care Bridges Care and Activity

Many care homes have developed separate roles for care and meaningful engagement.

Care staff often focus on providing physical care.

Activities teams often focus on providing stimulation and engagement.

Namaste Care helps bring these two worlds back together.

It recognises that every interaction is an opportunity for comfort, connection and communication.

By weaving meaningful engagement into everyday care, Namaste Care ensures the emotional, sensory and relational needs of people living with advanced dementia are supported alongside their physical needs.

Meaningful engagement is not a department. It is everyone's responsibility.

Namaste Care Is Not About Doing More

One of the concerns often raised when introducing Namaste Care is whether it will create additional work for already busy teams.

Namaste Care is not about finding more time. It is about utilising the time we already have differently.

The approach encourages staff to make intentional use of existing care interactions, slowing down where possible, connecting more meaningfully, and focusing on the experience of the person receiving care rather than simply completing tasks.

Rather than adding another task to the day, Namaste Care provides a framework for delivering care in a way that better meets the emotional, sensory and relational needs of people living with advanced dementia.

The goal is not to do more. The goal is to make the moments we already have matter more.

The Essential Role of Leadership

Experience gained from supporting homes to implement Namaste Care consistently demonstrates that leadership engagement is one of the most important factors in successful implementation.

Managers play a crucial role in:

- Understanding the purpose and value of the model
- Attending training and leading by example
- Protecting the dedicated Namaste Care space
- Supporting care staff to deliver sessions consistently
- Removing barriers to implementation
- Embedding Namaste Care within the culture of the home

Where managers actively support the approach, Namaste Care is far more likely to become embedded in everyday practice.

Where leadership engagement is limited, staff often struggle to protect the time, space and consistency needed for the model to succeed, regardless of their enthusiasm.

Creating Meaningful Change

Namaste Care is not about asking staff to do more.

It is about ensuring that people living with advanced dementia receive care that addresses not only their physical needs, but also their emotional, sensory and relational needs.

The most successful implementations occur when leadership, care teams and the wider home work together to create a culture where comfort, connection and meaningful presence are recognised as fundamental aspects of excellent dementia care.

The Benefits of Namaste Care

❤️ For Residents

- Greater comfort, wellbeing and quality of life
- More opportunities for meaningful connection and communication
- Increased feelings of belonging, security and purpose
- More personalised support that recognises the person behind the dementia
- Emotional, sensory and relational needs supported alongside physical needs

🤝 For Families

- Greater confidence that their loved one is truly known as a person
- Reassurance that emotional and social needs are being met, not just physical needs
- More meaningful visits and opportunities for connection
- Increased trust in the care being provided

🌱 For Staff

- More meaningful relationships with residents
- Increased confidence in supporting people living with advanced dementia
- Greater job satisfaction and sense of purpose
- Reduced stress through a deeper understanding of residents' needs
- A shared approach that brings care and engagement together

🏡 For the Home and Organisation

- A calmer, more positive care environment
- Greater consistency in dementia care practice
- Improved relationships between departments and teams
- Enhanced family satisfaction and confidence
- A culture that prioritises comfort, connection and wellbeing
- A stronger reputation for providing high-quality dementia care
- Increased appeal to prospective residents and families seeking specialist support for advanced dementia
- Improved staff morale and retention through more meaningful care experiences

Families don’t just want their loved one to be safe. They want them to be known, valued, comforted and supported to experience connection, purpose and belonging throughout every stage of dementia. Namaste Care helps homes make that possible.

A Final Thought

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 live with comfort, connection, dignity and meaning until the end of life.