



Namaste Care Education and Resources (NEAR)



What is Namaste Care?

- A multi-sensory intervention for people with advanced dementia.
- A person-centered, relationship-based model of care that recognises and respects the uniqueness of each individual.
- End-of-life care that provides dignity, comfort and love.



*“When we thought there was nothing left for mum, there was Namaste Care”
- Relative of resident*

Benefits of Namaste Care

An improved quality of life for the Person with Dementia

- Enhanced emotional and psychological wellbeing
- Reduced anxiety and agitation
- Meaningful engagement and connection
- Feelings of self worth, belonging and control

Increased job satisfaction for caregivers & staff

- Confidence to communicate with people in the advanced stages of dementia, deepening relationships and improving connections
- Strengthened sense of meaning and purpose in work

Improved care home culture and operations

- Visibly enhanced end-of-life care that brings comfort and peace of mind to prospective residents and families
- Reduction in medication and intervention needs
- Increased staff satisfaction and retention

Connection in Advanced Dementia

Who are we?

We are a charity dedicated to improving the lives of those living with advanced dementia and their caregivers. Our experience as healthcare providers, educators, and advocates has highlighted the need for better end-of-life care for those with advanced dementia. Namaste Care is a fantastic model to achieve this and we are here to help you implement this for the benefit of all.

What we offer

- Namaste Care education sessions
- In-house Namaste Care training
- A bespoke programme of 12-months ongoing implementation & sustainability support
- Ongoing community of practice and support
- Free information & resources

See overleaf for details on our bespoke programme!

“Namaste Care is absolutely the best thing I have ever introduced to a care home. I was hopeful of benefits for the residents but had not foreseen the benefits it would also bring to relatives and staff”

- Lesley, Home Manager



NEAR for a year

12-month education, implementation and sustainability programme

The only in-person Namaste Care training with ongoing implementation and sustainability support to ensure successful integration into the care home well after the training day.

Who is it for?

Everyone involved in the care of those living with advanced dementia! We believe every person with advanced dementia deserves care partners who are empowered with the knowledge, skills, and tools to confidently connect and communicate with them, this may include:

- Health and social care staff
- Family carers
- Volunteers, and,
- Anyone supporting people living with advanced dementia



What will you learn?

Participants will:

- Understand the importance of Namaste Care as an advanced dementia care model
- Learn how to connect and communicate with people who have advanced dementia
- Learn how to create a nourishing environment for people with advanced dementia
- Design and implement Namaste Care sessions
- Integrate Namaste Care into the daily running of the home as part of their culture

NEAR for a year programme outline

- **1-day in-house Namaste Care training** for any number of care home staff members
- **In-house 'Namaste Care Day'** providing 'mini' Namaste Care education sessions for all staff in the care home to enhance the understanding of the importance of Namaste Care underpinning the culture of the care home.
- **6 months of implementation support** – monthly ZOOM meetings to identify problems and support staff to work out solutions
- **A further 6 months of sustainability support** – monthly ZOOM meetings
- **After the 12 months** - An invitation to be a part of our ongoing community of practice

£590 per care home!

Contact

For further information contact Amy Crichton (CEO) at info@namastecare-near.org for full details of the programme, to discuss Namaste Care and to explore availability and how to register.

Scan the QR code for more information, free resources and to support our mission, or visit www.namastecare-near.org

