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 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.

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 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.

The person is still there.

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.