Namaste Care at home for people living with advanced dementia

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Community context—meet the needs of people living with advanced dementia at home

- 1 in 3 people over 65 will die with dementia
- Still not recognised as a life limiting illness
- Poor access to palliative care
- 63.5% still living at home

Dementia and Palliative Care

- Most likely to die in care home or hospital
- 8% die at home
- 1% die in hospice
- Suboptimal symptom management
- Life expectancy?
- Still a fear/stigma
Recognising Advanced Dementia

- The last year or so of life
- FAST staging
- Functional decline
- Hospital admissions
- Signs of progression
- Shifting goals of care
- Preparing and upskilling families
Namaste

HONOURING THE SPIRIT WITHIN
Namaste Care

Developed by Joyce Simard in the USA
Core Elements of the Programme

- Comfort and pain management
- Person Centred Approach
- Life story
- Building a relationship with the patient
- Creating a calm atmosphere
- Sensory Stimulation
- Food treats and hydration (being aware of swallowing difficulties)
- Loving touch
- Supporting and educating the carers
- Noticing changes and seeking advice
Volunteers with heart
Northumbria University Study led by Dr Sonia Dalkin

- RELAXATION
- ENGAGEMENT
- INCREASED ALERTNESS
- EMOTIONAL RESPONSES SUCH AS LAUGHTER
- IMPROVED QUALITY OF LIFE
- REDUCED SOCIAL ISOLATION
- POSITIVE IMPACT ON CARERS
- MONITORING/SAFETY
Future of the project?

- FUTURE FUNDING?
- FURTHER EVALUATION BY NORTHUMBRIA UNIVERSITY
- ESTABLISHING LINKS INTO LOCAL ACUTE HOSPITAL
- PUBLICATION OF A BOOK WHICH CAN HELP FAMILIES AND PROFESSIONALS INTRODUCE NAMASTE CARE AT HOME (JKP)
Questions?

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