



Namaste Care at home for people living with advanced dementia

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Community context-

meeting 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

ALZHEIMER'S SOCIETY (2012) DEMENTIA; THE HIDDEN VOICE OF LONELINESS & DEMENTIA UK SECOND EDITION (2014)

Dementia and Palliative Care

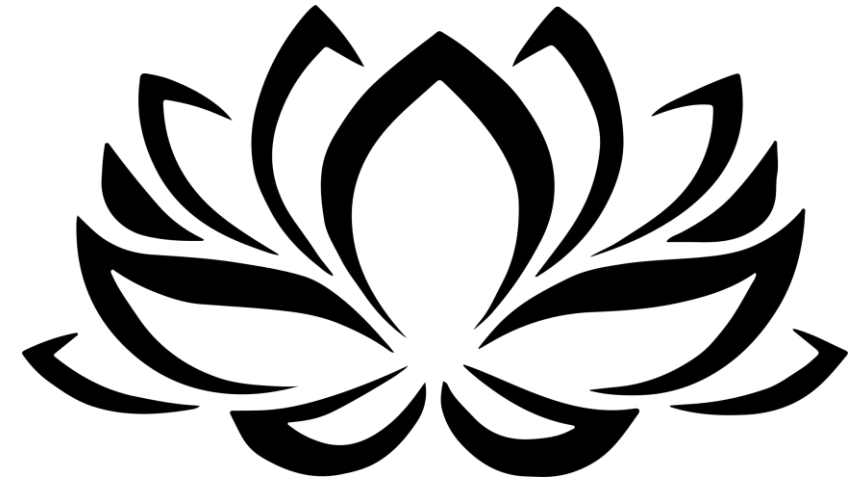
- ▶ Most likely to die in care home or hospital
- ▶ 8% die at home
- ▶ 1% die in hospice
- ▶ Suboptimal symptom management
- ▶ Life expectancy?
- ▶ Still a fear/stigma



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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