

Living Well with Advanced Dementia Through Namaste Care

Three horizontal stripes of varying widths and shades of teal and grey. Several stylized butterflies in various shades of teal are scattered across the stripes and the background.

APEX HARMONY LODGE
Touching Lives Affected By Dementia

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Introduction

Namaste Care is a therapeutic care approach developed by Joyce Simard.

- ✓ Meet **five psychological needs** (Kitwood, 1997)
- ✓ Honor persons living with dementia (PLWDs) for their **unique personhood**



Namaste Care Principles:

1. Create a calm environment
2. Provide all interactions with an unhurried loving touch



Suitable for:

Advanced stage of dementia



Benefits: (Manzar & Volicer, 2015)

Reductions in Agitation, Pain, and Rejection of care
Improvements in Engagement, Communication, and Appetite



Method



Profile: Advanced Stage of Dementia

- Wheelchair/ Bed-Bound
- Maximum Assistance
- Non-verbal/ Limited Verbal Abilities
- Palliative Care



Frequency and Duration

- ✓ Three times a week
- ✓ 15 to 30 minutes per session

Implementation of Person Centered Namaste Care



Environment
Modification



Sensory
Intervention



Social
Contact

Results: Case Studies

Case Study	Background	Environment	Activity	Outcomes
Mdm Mariam 	• Functional decline • Change of ward environment • Symptoms of depression	• Bedside Namaste • Sensory lights • Play her favourite Malay music for familiarity	• Gentle hand and arm massages for comfort • Doll therapy	• Improvements in mood and appetite • Receptive to activity engagement and conversation
Mr Lim 	• Responsive behaviour • Rejection of care • Poor sleep quality	• Play his favourite Hokkien songs from the 80s	• Gentle hand and arm massages for relaxation • Singing along to music together	• Calmer and more compliant to care • No longer aggressive • Better sleep
Mdm Ang 	• Functional decline • Weight loss • Reduced alertness and awareness of her surroundings	• Sensory lights • Play soothing music with nature sounds	• Gentle hand and arm massages to make her aware of staff presence • Aromatherapy to awaken senses	• Increased alertness • Non-verbal communication • Regained independence in feeding • Improved appetite and weight gain



Results: Staff Testimony

“Namaste Care has greatly enhanced the way we provide person-centered care to our residents. Namaste Care sessions allow us to **strengthen our connection and build better rapport** with our residents. This **makes delivery of care easier** because residents are more cooperative with care and responsive to interactions. We have been celebrating every small improvement we observe and it helps to **boost the team morale** as well. It gives us a **great sense of fulfilment** to know that we are better able to meet our residents’ aspirations and **provide humanising care** that respects and dignifies our residents at this stage of their journey with dementia.”

Hana Concepcion,
Senior Staff Nurse and Clinical Leader



Conclusion

It is of utmost importance that PLWDs are continually supported to **live well**. Namaste Care makes this possible by enabling PLWDs to experience **comfort, pleasure, and meaningful connection** even at the advanced stage of dementia.

Future Directions

- Integrate and naturalise Namaste Care principles into PLWDs' daily routines
- Partner with family members to provide Namaste Care during visitations

