Welcome to the Association for Dementia Studies Seminar on best practice in caring for people living with advanced dementia
Namaste Care New Research programme launch

Delivering Excellent Care Every Day for People Living with Advanced Dementia: Namaste Care Intervention UK
Overview

• Funded by the Alzheimer’s Society Implementation Grant Programme £389,555
• Three-year research programme commenced October 2016
• Led by the Association for Dementia Studies at the University of Worcester.

• Focuses on developing the optimal every-day care intervention for people with advanced dementia in care homes based on the principles of Namaste Care developed by Joyce Simard from the US and builds on work by Min Stacpoole at St Christopher’s Hospice
Namaste Care Embedding Excellence

• “Namaste” is a Hindu greeting meaning ‘to honour the spirit within’.

• Namaste Care is the name for a multi-component intervention that combines best practice in the physical, sensory and emotional care for people living with advanced dementia.

• In care homes it is combined into a daily programme and is by staff working with groups of 8-10 residents at a time.
Min Stacpoole

- Books & publications
  - http://www.namastecare.com/
  - Joyce Simard book, St Christopher’s information and toolkit
  - http://www.stchristophers.org.uk/care-homes/research/namaste
  - http://www.stchristophers.org.uk/education/resources

www.worc.ac.uk/dementia
Namaste Care Embedding Excellence

• Small evidence base that Namaste Care can improve quality of life by reducing agitation, and improving physical and emotional well-being.

• Our current research will establish the evidence from theory, research and practice to date of all the components parts of Namaste Care.

• We will focus on building the best ways of managing barriers to implementation to implementing Namaste Care within nursing homes including the practical issues of time, staff competencies, leadership and sustainability.

• We will also gather evidence about how Namaste Care impacts on quality of life and assess the cost benefits.
5 interlinking work-packages

- Review evidence for Namaste Care component interventions
- The perspectives of people directly affected by dementia
- In-depth case studies in 6 care homes
- A community of practice for further roll-out and dissemination
- Review evidence form those who have already used Namaste Care
- The cost-effectiveness of Namaste Care intervention

www.worc.ac.uk/dementia
Who is working on the research?

- **Principal Investigator**: Prof Dawn Brooker (University of Worcester)
- **Co Investigators**: Caroline Baker (Barchester Healthcare), Professor Darrin Baines, (Coventry University), Roy and Ros Dibble (University of Worcester).
- **Collaborators**: Joyce Simard (University of Western Sydney), Ladislav Volicer (University of South Florida), Min Stacpoole (St Christopher’s Hospice) John Killick (Dementia Positive).
- **University of Worcester**: Prof Dawn Brooker, Isabelle Latham (Programme Management), Dr Simon Evans, Mary Bruce, Dr Claire Garabedian, Teresa Atkinson, Jennifer Bray, Gina Dutton, Mike Watts and Prof David Seedhouse.
- **University of Coventry**: Prof Darrin Baines, Dr Amir Khan
- **Alzheimer’s Society Research Monitors**: Rosemary Clarke, Peter Riley, Elaine Beardsley-Turton.

www.worc.ac.uk/dementia
How you can get involved?

- Namaste care survey
- Part of on-going community of practice
- Care home intervention sites
Care for today, Cure for tomorrow

Dr Arwen Wilcock
Research Translation Manager
Questions and Answers