

PRACTICAL PREPARATIONS FOR NAMASTE CARE

Location and view



Can you identify a space with a view outside?

The Namaste Space



Prepare a warm, calm, separate space within the home

Equip the room



Equip the room with suitable chairs, pillows etc.

Decorate the room



Enhance the space with pictures, plants etc.

Identifying skills



Who has skills (singing, aromatherapy etc.) to bring to the room?

Storage space



Safe, lockable space for equipment

Music



Prepare different types of music

Personal resident supplies



Prepare personal supplies such as brush, soap, lip balm

Activity items



Prepare items such as twiddle blankets, lifelike dolls or animals