

# WHAT IS NAMASTE CARE?

Honouring the spirit within



Respectful and compassionate approach to people with dementia

The presence of others



Social group so person with dementia feels included in their community

Life story



Person centred adaptations

Sensory stimulation



Stimulation of the five senses: music, colour, touch, smell, food tastes

Enabling people to be themselves



Allowing person to 'just be' in the Namaste space

Meaningful activity



Personal care as meaningful activity: washing as pleasurable sensation

Food treats and hydration



Offering food and drink through the session

Family meetings



Creating a bond, enabling conversations

Comfort and pain management



Comfortable seating and pain assessment