

The Namaste Care™ program: To honour the spirit within

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Overview:

1. The Namaste Care™ program
2. Insights into spiritual care from the Asia-Pacific
3. Care of the Soul: Namaste Care and therapeutic living

Questions:

- In what ways does Namaste Care – to honour the spirit within?
- How might we understand care of the soul and what might this care look like?



Key elements of Namaste Care



- ✓ A calm and peaceful environment
- ✓ A loving touch approach
- ✓ A genuine personal greeting for each person
- ✓ Checking for pain and discomfort
- ✓ Frequent drinks and snacks
- ✓ Simple, sensory based activities

Philosophy Statement

Philosophy Statement

We believe that the spirit in each person lives regardless of their physical and cognitive status and that it is possible to nurture this spirit in each individual through loving touch and meaningful activities. This spirit thrives when people are in the presence of others in a calm environment.

PRACTICAL SOLUTIONS FOR AGED CARE

By 2050, the proportion of the population aged 65 and over will jump from around 14 per cent to around 23 per cent. While there are currently five working-age Australians for every citizen over 65, by 2050 there will be just 2.7.

This obviously presents many different economic and social challenges, but nowhere will they be felt more than in the healthcare sector, as our desire to not only extend but to improve the quality of life for our elderly creates ever-higher expectations for treatment and care. But with those higher expectations also comes greater cost — which with the demographic bubble, may become harder and harder to meet.

Recognising the difficulties ahead, Australian governments are now focusing attention on research into some of the most pressing health problems facing the aged, such as dementia and Alzheimer's disease, and models of aged care provision. According to statistics from the Australian Institute of Health and Welfare, dementia affects 24 per cent of people aged over 85, with the annual healthcare costs for people with dementia estimated to be \$1.4 billion (2003 figures).

New research underway at the College of Health and Science at UWS hopes to contribute to practical solutions through applied research in the prevention and treatment of dementia and other age-related cognitive decline, and how life can be made more comfortable for sufferers.

Photo: Namaste Care program at Michenbury



First research study:
Avoiding “high tech”
through “high touch” in
end-stage dementia:
Protocol for care at the
end of life.

Funded in 2010 under the
Local Palliative Care Grants
Program by the Australian
Government Department
Health & Ageing.



Transformative Namaste Care: An Intervention Study Enhancing Quality of Life for People Living With Advanced Dementia

Sara Karacsony¹ , Sharon Andrews¹ , Melissa A Maryam Rouhi³  and Thi Thuy Ha Dinh⁴ 

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Australasian Journal on Ageing

RESEARCH ARTICLE |  Open Access |  

'There's something they can do': Educating aged care staff about the trajectory of dementia, palliative care and the Namaste Care™ program: A mixed methods study

Sara Karacsony  Melissa R. Abela, Claire Eccleston

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BMJ Open Exploring the impact of Namaste Care for individuals with advanced dementia: a systematic review of costs, effects and benefits

Tereza Parks ,¹ Jana Soukopová ,¹ Dominika Tóthová ,¹
Hanneke J A Smaling ,^{2,3} Aileen Murphy ,⁴ Lucie Vidovičová ,¹
Jakub Hlavka ¹

SPECIAL ISSUE DISCURSIVE PAPER

Journal of
Clinical Nursing WILEY

Stimulating sense memories for people living with dementia using the Namaste Care programme: What works, how and why?

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Abstract

Background: Sensory-based program for people with advanced dementia aim to address unmet needs and to improve behaviours, mood or cognition. Pleasurable, involuntary sense memories stimulated by sensory-based program are difficult to evaluate because it is not possible to ask what people with dementia remember about their past, or what sense memories are being evoked. Notwithstanding the challenges in identifying what sense memories people with dementia experience, nurses and caregivers should recognise the potential value of sense memories for pleasure and happiness and provide optimum conditions to stimulate the senses.

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UK/Europe and the rest of the world

Mapping Namaste Care Training for Staff in Long-Term Care Settings: A Scoping Review

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DOI: 10.1177/14713012261488574
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Xueyi Sun¹ , Meng Jin¹, Dijuan Meng¹ , Yu Ding¹, Qinan Shen¹, Wen Zhou¹ and Yiheng Zhang¹

Abstract

Namaste Care is a person-centered intervention for people with dementia in long-term care, particularly those in advanced stages. However, evidence on how staff are trained and supported to deliver Namaste Care remains fragmented. This scoping review aimed to map training content, delivery formats and support, and training-related outcomes. Following Joanna Briggs Institute methodology, eight databases were searched from inception to May 2026, with additional website and citation searches. Data were synthesized descriptively, and training-related outcomes were mapped against the Kirkpatrick Four-Level Training Evaluation Model. Eleven studies were included. Training commonly addressed core Namaste Care principles and activities, and several programs also included knowledge of dementia and palliative care, as well as communication and relational care skills. Face-to-face workshops and in-service sessions were the most common delivery formats, with some programs also incorporating experiential learning. Follow-up support and practical resources were frequently reported, and family involvement was incorporated into several programs. Staff reactions were generally positive. Learning-related outcomes included greater understanding of the purpose and delivery of Namaste Care and reported improvements in

By the end of the course, participants will be able to:

Describe the key principles

Describe the key principles and philosophy of Namaste Care.

Enhance comfort and connection

Recognise opportunities to enhance comfort, connection and wellbeing through everyday interactions.

Create meaningful experiences

Use practical sensory and person-centred approaches to create meaningful experiences.

Personalise Namaste Care

Apply life-story and personal-preference information to support individualised Namaste Care.

Embed the approach

Identify actions they can take to embed Namaste Care principles within their own role and care setting.

Getting ready ...



Researchers in Spirituality Webinar - 15 October 2026

Spiritual End-of-Life Care – care of the soul at end of life: the essence of being human’ Hong Kong conference



- Knowing spiritual health and practices – Prof. Simon Kwan/Prof. Rainbow Ho
- Embedding spiritual care practices with Namaste Care – Prof. Joyce Simard, Ms Vennus Ho
- Transcending to high quality spiritual end-of-life care service – Professor Amy Chow, Dr Sara Karacsony

Convened by In association with

Spiritual End-of-Life Care Conference 2024

Care of the soul at end-of-life: the essence of being human being

4 December 2024 (Wed)
9am – 5pm (HKT)
Rayson Huang Theatre,
the University of Hong Kong

Language Cantonese
Target audience Interested professional and managerial staffs
Registration Free KYCH-VNDSEOLCC Spiritual End-of-Life Care Booklet giveaways
Fee \$200 (in person)
Deadline 20 Nov 2024
One point (Pending)

Opening ceremony Dr. LEONG Che-hung, GBM, GBS, OBE, JP
Officiating guests Dr. LAM Ching-choi, SBS, BBS, JP
Former Chairman of the Elderly Commission
Chief Executive Officer, Haven of Hope Christian Service
Prof. Amy Y.M. CHOW, SBS, BBS, JP
Chairman, The Hong Kong Chinese Christian Church Union
Pastor CHUNG Kin-kai, KWAN Yui-huen
Director of Charity Department, The Hong Kong Chinese Christian Church Union

Messages of officiating guest
Care of the soul at end-of-life
Dr. LAM Ching-choi SBS, BBS, JP
Chief Executive Officer, Haven of Hope Christian Service

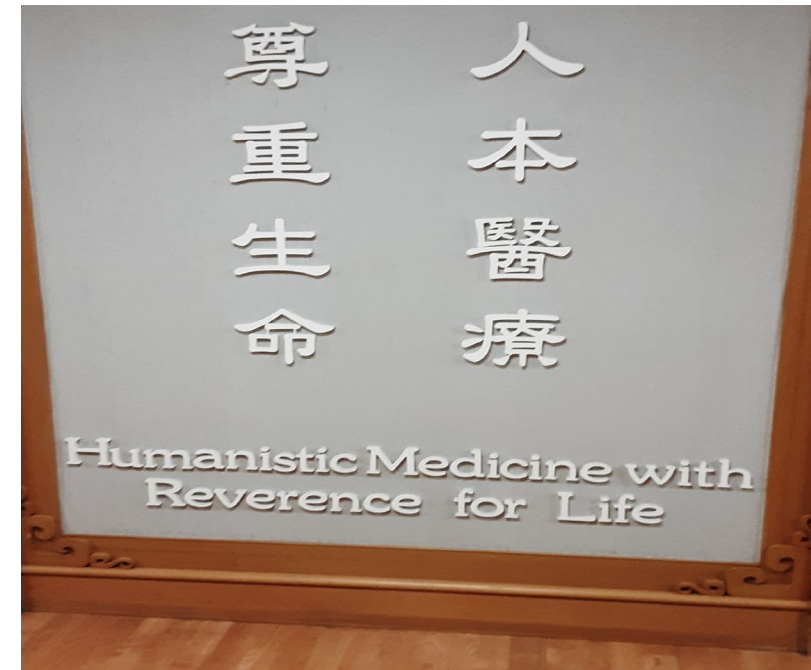
Knowing spiritual health and practices
Exploring the role of spiritual wellbeing in supporting the older adults with terminal illness and their family caregiver.
The role and contribution of spiritual practices to end-of-life care of older adults.
Prof. Simon S.M. KWAN
Professor, Department of Cultural and Religious Studies
Prof. Rainbow T.H. HO
Professor, Department of Social Work & Social Administration

Embedding spiritual care practices with Namaste Care™
Honoring the Spirit Within - Namaste Care™ (English)
The model of spiritual end-of-life care featuring Namaste Care™
Prof. Joyce Simard
Founder, Namaste Care International
Ms. Vennus HO
Superintendent, HKCCCU Kwong Yum Care Home Integrated Aged Care Service

Transcending to high quality spiritual end of life care service
Improving relationships with older people living with advanced dementia: perspectives of Namaste Carers in Australia (English)
What are the components of a high quality spiritual end-of-life care service?
Dr. Sara Karacsony
Senior Lecturer, Graduate Research & Adjunct Coordinator, School of Nursing, College of Health and Medicine, University of Tasmania
Prof. Amy Y.M. CHOW
S. Yuen Professor in Health and Social Work, HKU

Forum Breaking the barriers of spiritual end-of-life care
Moderator Dr. Iris LEE
Director, Nethercole Institute of Continuing Holistic Health
Disscussants Mr. Larry LEE
RSM, In-charge, Psychosocial Spiritual Care Service, Haven of Hope Sister Annie Skau Holistic Care Centre
Ms. Elaine SIU
APH, Society for the Promotion of Hospice Care
Ms. Conny LUI
HKCCCU Kwong Yum Care Home (Integrated Aged Care Service) Chaplain

Funded by Vera Ruttonjee Desai Charitable Fund
Details Enquiry: (852) 3707 2787 Miss Lam Email: info@hkcccu.kych.org.hk



Development and Validity and Reliability of an Instrument to Assess Patient's Spiritual Well-Being

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Background: Spiritual care is not limited to palliative care or end-of-life care. The spiritual well-being of patients also needs to be taken into account in the multidisciplinary healthcare system of whole person care. For medical institutions providing spiritual care, it is necessary to develop a tool for clinical spiritual care providers to assess patient's spiritual well-being of.

Aim: The purpose of this study was to construct a questionnaire that would allow spiritual care providers or pastors to assess the spiritual well-being of patients.

Methods: The study combined qualitative and quantitative research methods. Qualitative research used in-depth interviews or focus groups with patients and family members to obtain textual data. The text was analyzed by Colaizzi analysis. The researchers constructed the Patient's Spiritual Well-Being Scale (PtSpWBS) from the themes obtained through qualitative analysis. Through the participation of 661 patients, quantitative research was conducted to analyze the reliability, validity and component analysis of the PtSpWBS.

Results: Through qualitative research, it was found the spiritual needs of patients had two domains, namely spiritual awareness and spiritual dynamics. Based on this result, a 15-question PtSpWBS was designed. Cronbach's alpha was used to check the reliability of the PtSpWBS, and the internal consistency was calculated with a Cronbach's alpha value of 0.899. The Bartlett's Test of Sphericity of the PtSpWBS reached a significant difference ($p < 0.0001$), and the KMO value of sampling appropriateness was 0.900. The three components were spiritual health, religion connection, and spiritual awareness. A PtSpWBS score ≤ 41 indicated the patient had poor spiritual well-being.

Conclusion: The study constructed the PtSpWBS for clinical spiritual care providers to evaluate spiritual well-being of patients; this questionnaire has good reliability and validity. The PtSpWBS can be truly used by departments that specialize in providing spiritual care in medical institutions to conduct spiritual well-being assessment.

Keywords: spiritual well-being, spiritual care, patient, clinical spiritual care provider, pastor

時間：2024.12.07 (六) 下午1:30至5:15
地點：馬偕紀念醫院福音樓9樓大禮堂 (台北市中山北路二段92號)
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費用：免費
教育學分：安寧療護繼續教育時數/醫/護/社/心/安寧醫/安寧護繼續教育積分
(積分皆申請中)
※學員需按時完成簽到 / 簽退並填寫線上問卷，始得取得積分，未完成者視同缺席※
課程聯絡 | (02)2808-1130 蕭秘書、hft_edu@hospice.org.tw 主持人：Ms Vennus Ho Yuen-wai

時間	主題
13:00-13:30	報到
13:30-13:50	開幕致詞 Opening Speech 施董事長 / 貴賓(邀請中)
13:50-14:30	認識到變革的需求- Namaste Care™ 是否能推動對體弱長者的綜合照護變革？ Dr. Sara Karacsony
14:30-15:10	激勵你的夥伴- 如何將團隊引導Namaste Care？從發現亮點到達成目標的過程？ Prof. Joyce Simard
15:10-15:20	休息
15:20-16:00	與夥伴同行- 關注照護品質和人際連結的重要性，賦予你改變文化的勇氣



Namaste Care™

To Honor the spirit within (使人得尊榮)

Key mechanisms

- **Inter-affective Relational Empathy** - Highlights the importance of Personhood and culture & Practice I-Thou Relationship
- **Comforting environment and process** - Provides access to social and physical stimulation through dedicated peaceful sanctuary, timing of intervention, passionate and skilled Namaste carers and social interaction
- **Engagement with multi-sensory experience**

Mission

Embrace every single elderly to walk through the dying process with compassion, love, faith, peace and hope.

A transformational approach to care



Table 1 Definitions of spirituality

From: The Role of the Nurse in Spiritual Care

European Association for Palliative Care (EAPC) [16] Available from https://eapcnet.eu/eapc-groups/reference/spiritual-care/	'Spirituality is the dynamic dimension of human life that relates to the way persons (individual and community) experience, express and/or seek meaning, purpose and transcendence, and the way they connect to the moment, to self, to others, to nature, to the significant and/or the sacred'. Spirituality and spiritual wellbeing are multidimensional, including: Existential challenges (questions and issues such as identity, meaning, suffering, despair, guilt, shame, reconciliation and forgiveness, freedom and responsibility, hope, love, and joy). Value based considerations and attitudes (what matters most to each person, such as relationships with oneself, and with family, friends, work, nature, art and culture, ethics and morals, and life itself). Religious considerations and foundations (faith, beliefs, and practices, relationship with God or the ultimate).
McSherry [29] (in McSherry and Smith [17, p. 118])	Spirituality is universal, deeply personal, and individual; it goes beyond formal notions of ritual or religious practice to encompass the unique capacity of everyone. It is at the core and essence of who we are, that spark which permeates the entire fabric of the person and demands that we are all worthy of dignity and respect. It transcends intellectual capability, elevating the status of all of humanity...
Puchalski et al. [14, p. 646]	'Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate meaning, purpose, and transcendence, and experience relationship to self, family, others, community, society, nature, and the significant or sacred. Spirituality is expressed through beliefs, values, traditions, and practices'

How do we provide care for the soul for people approaching end of life with advanced dementia?

Elohim Rakme

Care of the soul

- Ancient model of ‘care of the soul’ providing a religious and/or spiritual context for viewing the everyday events of life (Moore, 2016).

“the soul needs a sense of home, .. friendship and friendliness, a poetic and metaphorical appreciation for words and images, attention to night dreams, the fine arts, an intimate relationship with the natural world, acquaintance with animals, memory in the form of storytelling or keeping old buildings and objects that have meaning ..”

- Namaste Care - *to honour the spirit within*
 - through the senses, music, art, the inspirations in everyday efforts to increase quality of life
 - calm, peaceful environment, slow loving touch

Did you know that you are providing spiritual care to your residents/patients/clients?

When you:

“.. Provide care that responds to basic human needs, core beliefs and the need for meaning making, for self-worth, for support through faith, rites or prayers or sacrament, or sensitive listening”.

Remember the little things:

- show compassion in everyday interactions and communications, through supporting and ‘coming alongside’ the person

(McSherry & Wright, 2024).

Insights for [Namaste] carers:

- ✓ Nourish your soul in the present
- ✓ Care of the soul is care of self
- ✓ Make soul care a way of life – practice Namaste Care in this way
- ✓ Help others to experience the same

References:

Moore, T. (2016). *Care of the Soul, Twenty-fifth Anniversary Ed A Guide for Cultivating Depth and Sacredness in Everyday Life (Special edition ed.)*. UK: HarperCollins Publishers.

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Thank you

Helpful Resources

- <https://namastecareinternational.co.uk/>
- <https://www.playlistforlife.org.uk/>
- <https://www.musicfordementia.org.uk/>
- <https://www.alzint.org/>

