

# What are the benefits of Namaste Care, an intervention for people living with dementia?

## A review of 10 years of UK research.

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### Aim

The aim of this study is to collate the existing UK evidence base for the benefits of Namaste Care as an intervention for people living with dementia.

### What is Namaste Care?

A multimodal, psycho-social intervention focused on sensory stimulation. Namaste Care utilises aroma, lighting, music, nature, tactile activities, massage, hydration and nutrition to provide meaningful activities and interactions.

(Simard, 2013; Bray, Brooker and Garabedian, 2019)

Sensory care examples:



- Cultural food
- Favourite treats
- Soft lighting



- Relaxing images
- Seasonal decor



- Exploring textures



- Massage
- Familiar objects
- Atmospheric music



- Words of affirmation
- Natural scents
- Fresh air

### Why is understanding dementia care important?

It is forecast that by 2050, 153.8 million people will be living with dementia worldwide, with a 74% increase in cases in western Europe. Understanding the effectiveness of care interventions, such as Namaste Care, may help to;

- Guide resource investment/distribution
- Inform policy making
- Set new standards for practice.

(Global Burden of Disease, 2022)

### Methodology

- A literature review in a systematic style.
- 5 data bases searched; 105 papers returned.
- Following application of pre-defined criteria and critical appraisal, 9 papers were identified.
- Thematic analysis was conducted.

### Results

Qualitative and quantitative data was analysed. Namaste Care was found to benefit all parties involved in the person living with dementias' life.

Namaste Care can;

- ✓ Reduce agitation
- ✓ Increase communication
- ✓ Strengthen relationships
- ✓ Improve wellbeing
- ✓ Provide health benefits
- ✓ Influence care culture
- ✓ Enable respite for informal carers
- ✓ Promote organisational improvements
- ✓ Support financial sustainability

### Themes identified

1. Behavioural benefits
2. Improved quality of life
3. Physical benefits
4. Institutional benefits



### Conclusion

Namaste Care is a powerful intervention that shows great promise in its ability to enhance the lives of people living with dementia by facilitating compassionate care and holistic excellence.

### Recommendations

- Namaste Care can be implemented to good effect at low cost.
- Organisations should be supported to provide staff training.
- Namaste Care should be included in nursing education.
- Further research would bolster the existing evidence.

### Application to practice

The results of this review support the widespread implementation of Namaste Care in UK dementia care settings.

Improved quality of life for;

- Informal carers
- Hospitalised patients
- Care home residents
- Staff carers
- Family members
- People living in the community

Bray, J., Brooker, D. and Garabedian, C. (2019) 'What is the evidence for the activities of Namaste Care? A rapid assessment review', *Dementia*, (1), pp. 247-272. doi:10.1177/1471301219878299

Global Burden of Disease 2019 Dementia Forecasting Collaborators (2022) 'Estimation of the global prevalence of dementia in 2019 and forecasted prevalence in 2050: an analysis for the Global Burden of Disease Study 2019', *Lancet Public Health*, 7, pp. 105-125. doi:10.1016/S2468-2667(21)00249-8

Simard, J. (2013) *The End-of-life Namaste Care™ Program for People with Dementia*. 2<sup>nd</sup> edn. USA: Health Professions Press.

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