



ADaTAtHOME

IMPROVES QUALITY OF LIFE

QUALITY OF LIFE AT HOME



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Namaste Care and Massage Therapy

What is Namaste Care?

Namaste is a term from Hinduism that means **'to honour the spirit within'**.

Namaste Care aims to improve the all-round quality of life of people who are less able to express their needs or desires, providing safety, comfort and stimulation.

Care is develop



Namaste
by Joyce Simard.

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What are the Objectives of Namaste Care?

Namaste Care aims to cater to the personal needs of people with advanced dementia, **focusing on the person rather than the process and protocol.**



'Giving a bath for the pleasure and enjoyment of having a bath rather than focusing on a bath as a process to get someone clean'

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What are the Objectives of Namaste Care?

The manner of Namaste Care is described as **'holistic'** because it is incorporated into all aspects of daily life and involves a range of physical, sensory and emotional approaches. These approaches support PwD with advanced dementia in many activities, for example **managing pain**, making sure they are getting **enough to eat and drink** and use of music to **manage anxiety and stress**.



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Principles of Namaste Care

The two principles defining the practice of Namaste Care delivered via a one-to-one approach with consistent care staff are:

1. Comfortable **environment** which promotes:
 - a. Sense of calm
 - b. Small group setting and family-like
 - c. Meaningful verbal and non-verbal communication
2. **Loving Touch** focusing on:
 - a. Massage of hands and feet, hair and nail care



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Principles of Namaste Care

Namaste Care is a seven-day-a-week program, because Alzheimer's disease is a seven-day-a-week disease.



Namaste Care is offered at least four hours a day in a special environment with full comfort;

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Namaste Care Benefits

- **Persons living with Advanced dementia**
 - Better quality of life with reduced experience of **behavioural symptoms, pain and occupational disruptiveness**;
 - Greater awareness and **engagement in the environment**;
 - **Less medication**.
- **Care staff**
 - Increase in confidence and **self-esteem** in providing care;
 - **Better teamwork** and greater job satisfaction;
 - Practice of **person-centred approach** in care delivery.
- **Relatives & Family Members**
 - Fostered **closer relationships** with loved ones;
 - **Improved communication** with care home staff;
 - Better visiting experience in care home.

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Namaste Care Challenges

- Unpredictable management support;
- Considerable organizational changes;
- Lack of adequate clinical support;
- Collaboration between nursing and medical support;
- Limited scientific evidence on significant findings of application of Namaste Care approach, and effectiveness of Namaste Care activities;
- Lack of quality research and review on a well-defined format in running a Namaste ; Care session using a clear recommended set of activities.



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Namaste Care Technique and Team

An additional team is not needed to implement Namaste Care, but activities offered in the Namaste Care are focused on process and therefore require **a slow approach**, some people may not find this slower way of providing care satisfying.

Also, it's a fact that all residents in the neighborhood **will die within a year or two**, it is imperative that the team members are comfortable working with death as a frequent phenomena.



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Namaste Care Technique and Setting

Namaste Care daily program can be offered in a dedicated room or room that is also used for other purposes such as dining room or activities. The setting needs to look and feel comfortable to support the Namaste Care program and can be offered anywhere that there is a space to gather residents in the presence of others so that they are no longer isolated.



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Namaste Care Technique and Setting



Namaste Care is not about the room itself but about what transpires in the room. It needs to be decorated to create a home-like atmosphere and the transformation can be achieved with an array of antique objects, real plants or other items that have warmth and character to the room.

The first step is deciding on the color of the room; pastel colors work the best, with a matching wallpaper border preferably one with the floral print creating the soft soothing environment.

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Namaste Care Technique and Setting



Namaste Care room may need to be used for other purposes, most often as the dining room. However dual-purpose rooms can still look warm and friendly. Lounge chairs provide comfortable seating for ambulatory residents or those who are easily transferred from a wheelchair and can sit safely in them.

A secured storage area is necessary if supplies are kept in the room; if this is not possible a rolling cart with all the supplies needed for the day, can be taken out of the room when Namaste Care program ends.

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Namaste Care Technique and Setting



Ideally, Namaste Care has the below:

- A window looking over a garden
- A door to the outside
- A DVD player and appropriate DVDs
- Reclining chairs
- Ornaments from the past
- A fridge
- A smoothie maker
- A music system with a variety of music
- An aromatherapy diffuser
- Beautiful pictures
- Growing plants
- A cupboard to keep items and can be locked
- A sink with running water
- Curtains or blinds

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Namaste Care Technique and Equipment/Material

General Supplies

- Pillows for positioning
- Blankets/rugs/quilts (colourful)
- Face cloths
- Bowls in which to soak hands
- Towels
- Aqueous cream for moisturising skin
- Cotton buds
- Hypoallergenic oil for massage
- Soap dispenser/hand sanitiser
- Gloves and laundry bags in case of accidents
- Disposable wipes

Personal Supplies for Namaste Client

A clearly named bag containing:

- Hairbrush and comb
- Nail clippers
- Emery board
- Face cream
- Lip balm
- Items supplied by the family, e.g. perfume and makeup for women, after shave for men

A large bag such as a dry-cleaning bag to keep the blanket and, for example, a life-like animal, which is preferred by the individual.

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Namaste Care Day



Realistic stuffed animals and dolls can be very pleasing, most residents have had a pet sometime in their lives so lifelike animals may remind them of their furry friends or even those who never had children may be soothed by the companionship of a realistic doll.

Never underestimate the power of food, such as beverages, fruit, lollipops, smoothies, yogurt.



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Namaste Care Day

Namaste Care is a 7- day-a-week program that's offered to patients who **no longer can or choose not to participate in planned activities.**

The Namaste care approach has the potential to encompass many aspects of the residents' lives not just a daily program of activities, it is based on the **"power of loving touch"** and reframes the process of providing activities of daily living (ADLs) and become opportunities to connect in meaningful ways for both care partners and residents rather than just getting a resident dressed and groomed for the day.



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Namaste Care Day

BEGINNING THE NAMASTE CARE

Care partners always explain to the resident **what's going to happen** next and how he or she can help.

Most people with dementia have some depression mostly caused by low-esteem, so **thanking a patient** for whatever he or she can do reminds the person that he or she is still able to do for others and let them feel dignified.



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Namaste Care Day

BEGINNING THE NAMASTE CARE

people with dementia have difficulty dealing with the world around them so eliminating excess disabilities is very important this includes making sure that:

- ✓ hearing aids are working properly
- ✓ eyeglasses are clean
- ✓ lighting is strong enough for them to see
- ✓ Dentures fit



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Namaste Care Day

BEGINNING THE NAMASTE CARE

As a morning care ritual unfolds care partners continually assess residents for signs of pain.



Pain assessment begins the moment a care partner walks into the room and continues with every interaction. Care partners learn to read body language by watching the residents' body movements and facial expressions and listening to the tone of their voices.

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Namaste Care Day

BEGINNING THE NAMASTE CARE

A Namaste Care neighborhood the morning begins with soft music or chirping birds filling the air.



Care partners **always knock on the resident's door** and identify themselves before entering the room "Good morning Mr. Black, I am Carol and I will help you get ready for breakfast. " is a simple but courteous way for staff members to enter a resident's room.

Carers **touch "hello"** to let resident know they are there and gently move parts of the residents' bodies to dress them and together with the sound of their voices and facial expressions and eye contact they make waking up a less frightening experience.

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Namaste Care Day

After the appropriate ambience in the Namaste Care room is created with music and scents and lighting, you gather residents and open the Namaste Care.



First the residents are made comfortable, then the meaningful activities and the "power of loving touch" is on-stage, such as:

- Moisturizing the face
- Shaving
- Applying make-up
- Doing some hair care
- Nail and hand care
- Handwashing
- Massage

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Massage Therapy

People with Alzheimer's disease don't lose the capacity for human emotion or recognition of a caring touch, on the contrary massage therapy offers people with Alzheimer's disease body awareness and alertness, as well as a reduction in the feelings of confusion and anxiety.

Studies indicate that the use of some forms of massage such as 5-minute-hand-massage- are effective in managing some of the challenging behavior exhibited by people living with Dementia with observed reduced frequency and intensity of verbal agitation, moreover the benefit was sustained for up to one hour.

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Massage Therapy Benefits

Massage therapy can also help ease the **effects of isolation**, loneliness and boredom while encouraging **feelings of worthiness and well-being**.



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Massage Therapy

Skills Required for Massage Therapy for People with Dementia:

Working with people with Alzheimer's, requires massage therapists have a basic **understanding of the disease** process and be comfortable with a person that exhibits characteristics of the disease, such as confusion, disorientation, memory loss and personality changes and also the changes that occur in a person who has a progressive disease.

The therapist needs **special communication skills**, both verbal and nonverbal also needs to learn unique hands-on techniques specifically designed to benefit this population.

Some recipients may be unsteady on their feet or experience dizziness, so therapists need to make sure to prevent falling whether that's from a chair or their bed.



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Massage Therapy Techniques

Skills Required for Massage Therapy for People with Dementia:

Although the time to spend actually massaging people with Dementia may be shorter than usual—typically from 15 to 45 minutes, the length of the session when intake is included will still be an hour or more. Therapists should remember, too, that these people are often going to need more time for activities such as **using the restroom, drinking water or getting comfortable, and they may like to share personal stories**, so the therapist needs to be patient.

Technique modifications include:

- Shortening session duration to **avoid overtiring** the patient,
- Limiting or eliminating techniques that may **stimulate systemic circulation**
- Decreasing pressure and increasing **lubrication with an agent** that would unlikely trigger an allergic reaction.



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In Case of Refusal

Refusals of care in dementia are common and can create difficult situations for caregivers. The studies performed to identify possible strategies and interventions to reduce or cope with these refusals of care such as bathing, mealtimes, medication, etc. in dementia reveal that:

Some non-pharmacological interventions such as music interventions, more caring interaction and communication style by the caregiver, focusing on abilities rather than disabilities, distraction approaches, and presence of a loved one (at least video-simulated presence) can reduce, if not eliminate, refusals of care. It is experienced that slow-stroke massage or aromatherapy also reduce refusals of care.

Therefore person-centered care such as Namaste Care and Massage Therapy are proposed and advised encouragingly as non-pharmacological interventions for refusals of care in hospital settings and in community settings with home-care workers, at least as a tool for distraction techniques and relaxation.

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Namaste Care Videos



<https://www.youtube.com/watch?v=8y56TBiqoRc&t=195s>



[Namaste Care Techniques Soothe and Calm](#)



<https://youtu.be/NXidcncr7wpo>

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Massage Therapy Videos



<https://youtu.be/tAJ6JslTQo0>



<https://youtu.be/i9wgzyCZ4QM>



<https://youtu.be/aaPhWtEKm5Q>

Practical Activities for Namaste Care & Massage Therapy

1st –Life Story production by Care partner

Provide information on Namaste Care settings and how to keep PwD connected to others by focusing on their emotional as well as physical needs and engaging a person's senses through sound, touch, smell, taste and sight.

Deliver guidelines to caregivers for production of a «Life Story» and let them produce the Life Story of their loved one.

2nd- Process rather than the task

PwD and care partner exercise a bath session, with music and nicely scented shampoos, soaps, lotions and warm towels, chatting and singing in the meantime to make it a joyful activity rather than a cleansing task.

3rd – Find out favourites

Care partner talks about popular movies of the PwD's younger times, mentioning the main actors and actresses of these movies to find out which movies had affected the PwD good or bad and which movie stars were her/his favourite.

4th – Apply foot massage-preferably in the open air when the weather allows

Provide information on Massage Therapy and techniques to caregivers and let them give 5-minute-foot-massage with asking for permission, applying a nice lotion, keeping eye contact and making sure PwD is enjoying it.

5th – Dance with hands

Care partner takes the person's hands in her/his hands and "dances" with them to dance music they may both like/remember. The carer thanks PwD for the dance.

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Questions and Comments