

Namaste Care Online 2-day Training Course

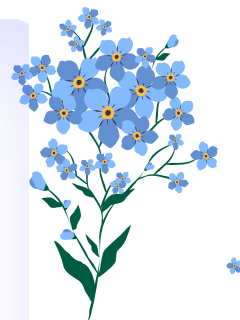
Namaste Care™ is a creative, person-centred approach to essential care. It has been developed for people with end-stage dementia and other advanced conditions. It is a combination of knowledge, attitudes, skills and care practices outlined in the following acronym:

- Nurturing strength and honouring the spirit within
 - Accessing training and implementation resources
 - Managing change
 - Assessing who could benefit, acknowledging declining health
 - Supportive, relaxing, healing environment: Sacred space
 - Taking a team approach
 - End in mind - thinking, talking and planning ahead
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- Comforting and connecting every day using individualised holistic care practices
 - Attending to the needs of family and professional care staff
 - Recording and evaluating care using validated tools
 - Enriching and improving experiences of living and dying

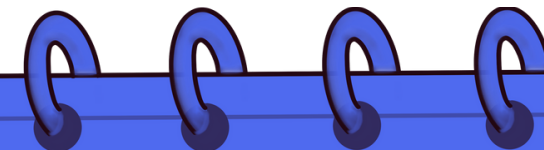
It was originally developed for people with advanced and end-stage dementia. It can be adapted for anyone with advanced and end stage disease and can easily be transferred to the bedside.

100% of participants said they would recommend this online training to a colleague, as it gave them practical ways of reaching residents they had previously struggled to comfort or connect with.

100% of previous participants agreed it would benefit residents in their care homes!



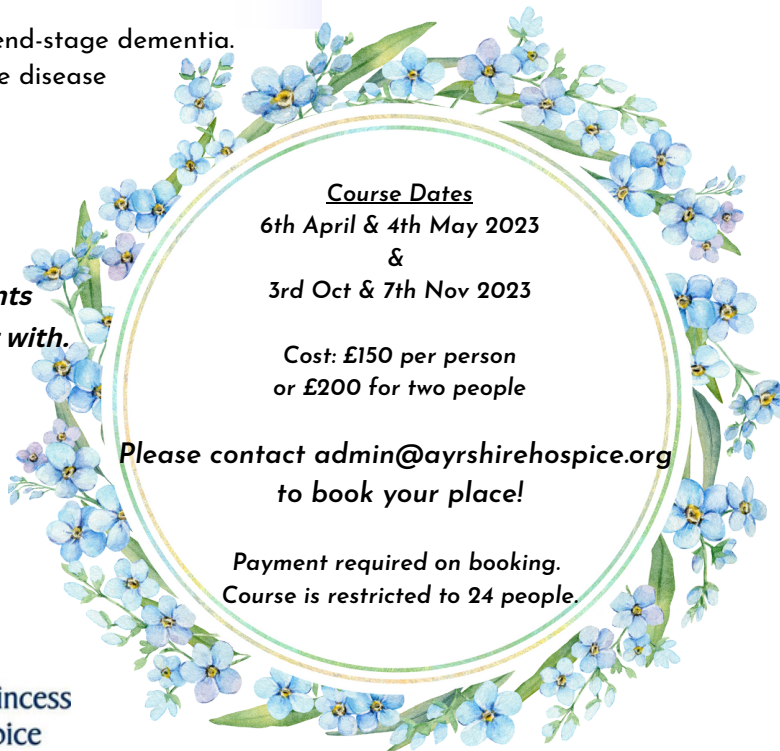
| ↑ <u>INCREASE</u> | ↓ <u>DECREASE</u> |
|--|---|
| <ul style="list-style-type: none"> • Wellbeing • Quality of Life • Interaction and interest in surroundings • Nutritional intake • Staff engagement • Family connections | <ul style="list-style-type: none"> • Agitation • Need for anti anxiety medication • Helplessness • Loneliness and isolation |



If you have any questions please do not hesitate to get in touch with either:
fiona.irvine@ayrshirehospice.org
 or
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PLEASE NOTE

- Due to the popularity of this course and the limited places available, could we please ask that you pay for this course 3 weeks before your staff attend.
- Cancellations more than 7 days before will be refunded in full but cancellations within 7 days will only be part refunded



Course Dates

6th April & 4th May 2023
 &
 3rd Oct & 7th Nov 2023

Cost: £150 per person
 or £200 for two people

Please contact admin@ayrshirehospice.org
 to book your place!

Payment required on booking.
 Course is restricted to 24 people.

