

Namaste - "to honour the spirit within"

## Namaste Care Programme for your Care Home

This course is designed to support you in the setting up of the Namaste Care Programme in your home to care for the wellbeing of people with advanced dementia at the end of their lives. It is a structured care programme integrating compassionate nursing care with meaningful, individualised activities.

**Course Cost** £250 for three staff members of your Nursing or Care Home to include: all course materials, refreshments and a light lunch

Full commitment of the three appointed staff members from each home is a requirement to ensure this training is sufficiently embedded. At least 1 of the 3 attending must be within a management role

**Target Audience** Nursing and Senior Care Staff, Managers and Day Care Activities leaders. The course requires those working with the people who have advanced dementia AND also managers that can influence and promote changes to adapt to the care programme.

**Course Format** A full day workshop at Rowans Hospice  
A half-day visit to the care home by a facilitator  
A copy of the Namaste Care 'Toolkit', a practical step-by-step guide to implementing and sustaining the Namaste Care Programme

### Course Information

The workshop and toolkit will enable you to:

- Understand the purpose of the Namaste Care Programme
- Understand the benefits of the Namaste Care Programme for people with dementia, their families, and care staff
- Communicate the vision to the whole care home team
- Develop a plan to implement, evaluate and sustain the Namaste Care Programme

### Course Benefits

Namaste research undertaken by St Christopher's Hospice and around the world has shown clear benefits for residents, care staff and family members. No additional staff, space or expensive equipment is required.

**For course dates and to book visit:**

[www.rowanshospice.co.uk/training](http://www.rowanshospice.co.uk/training)

### Venues

Rowans Hospice Seminar Room, Waterlooville, PO7 5RU

Your Nursing or Care Home

