

Department of
**GERIATRIC MEDICINE, NURSING and
OCCUPATIONAL THERAPY**

Tips for Caregiver: Namaste Care





WHAT IS NAMASTE CARE?



Namaste Care is a multi-approach care programme that incorporates sensory, psychosocial and spiritual elements to enhance the quality of life of person with moderate to advanced dementia.



CONTENT

- Namaste Care Session
- Preparation For Hand Massage
- Steps of Hand Massage
- Multi-sensory Activities
- Namaste Care Record



NAMASTE CARE SESSION

- 1** **Create a calm environment**
Gather supplies, spray room with favourite scent, and play soft music.
- 2** **Welcome your loved one to the session**
Ensure that he/she is in a comfortable position, support their legs and use pillows/blankets to adjust his/her position as needed.
- 3** **Hand massage**
Start the session with a hand massage to soothe and calm your loved one.
- 4** **Activities**
Engage your loved one with other multi-sensory activities he/she may enjoy.

SUPPLIES

Prepare the supplies needed in a basket or tray for easy retrieval during the session



Ensure that drinks are of appropriate consistency for your loved one.



Aroma reeds



Lotion



Warm drink

Requisites



Comb



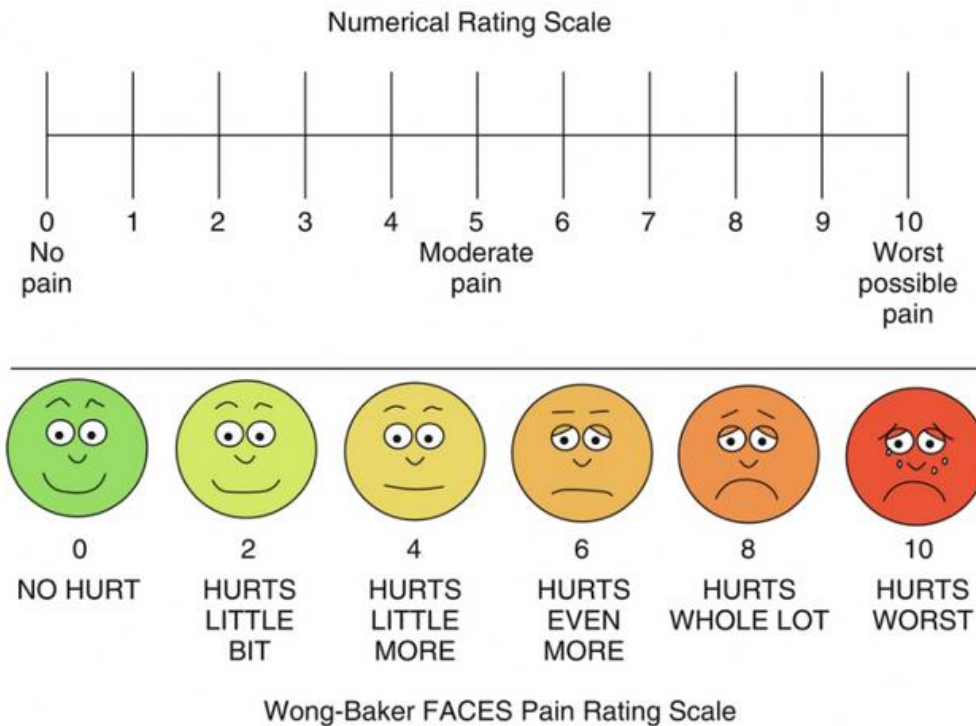
Facial towel



Nail cutter



PRECAUTIONS



During the session, observe and ask if your loved one is experiencing pain.



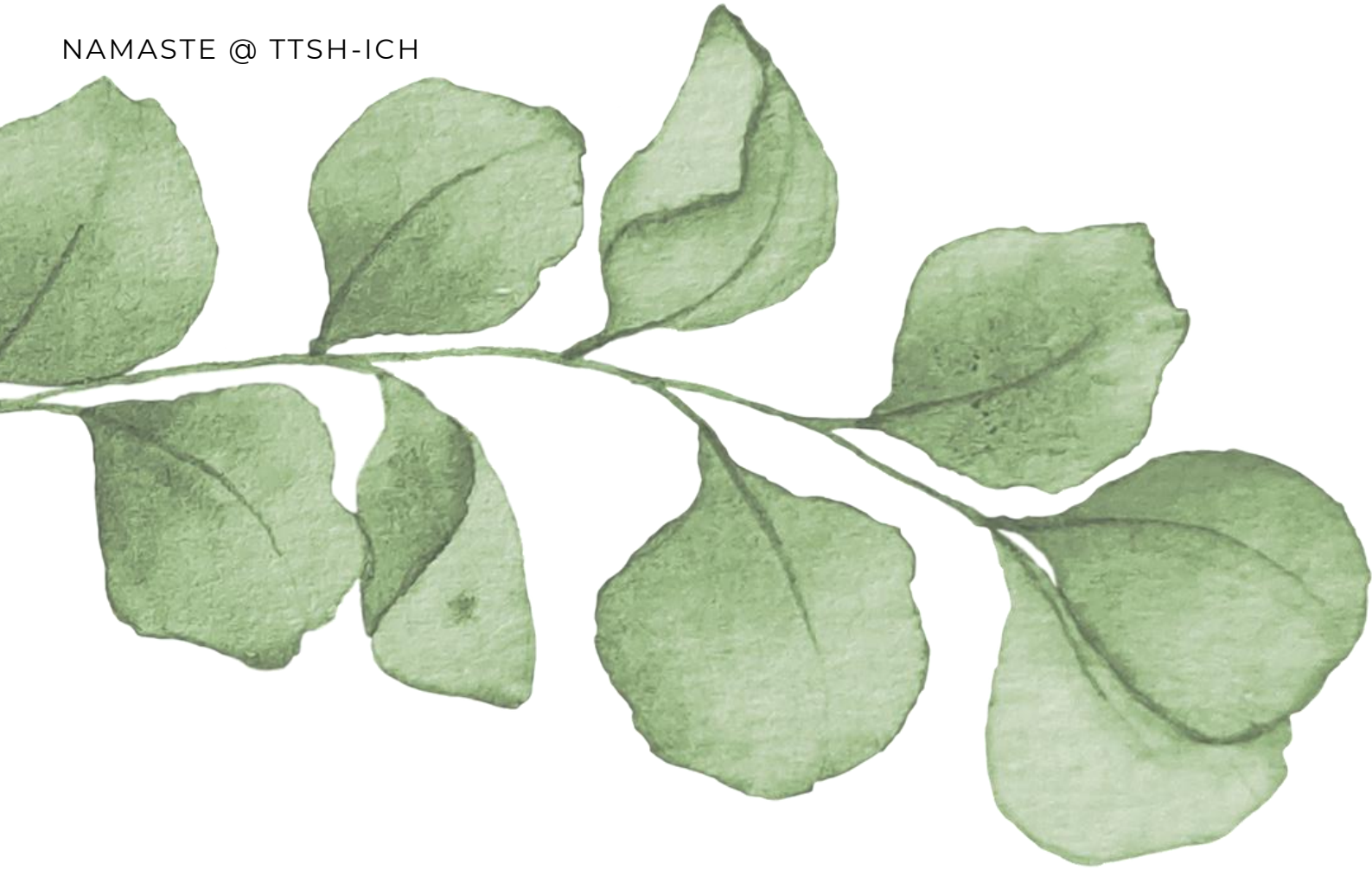
Do not proceed if they are in pain (more than "4" on pain scale)



PREPARATION FOR HAND MASSAGE

- Provide a calm environment
- Remove all jewelry
- Wash or sanitise your hands
- Keep your nails short





STEPS OF HAND MASSAGE



STEP 1

Say "Hello"

Support your loved one's hand on your palm. Feathery stroke the whole arm from the shoulder to fingers.



STEP 2

Gently cup the shoulder in a circular motion whilst the other hand still support your loved one's hand.



STEP 3



Gradually, move your hand from shoulder to the elbow and continue to cup it using a circular motion.

STEP 4

Move your hand from elbow to the wrist and continue in a circular motion around the joints. Your other hand remains underneath to support your loved one's palm.



STEP 5

Back of hand: Use your thumbs to gently stroke the grooves between the bones on the back of hand.



STEP 6

Palm: stroke across with sweeps of your thumbs. You can make small circles all over with your thumb.



STEP 7

Fingers: Gently stroke down each finger from the knuckle to the fingertip.

Do not pull on the fingers. You should not hear any joint cracking!



STEP 8




Tips of fingernail: Gently press on the tip of each fingernail.

Repeat the whole process one more time!

MULTI-SENSORY ACTIVITIES



Here are other meaningful multi-sensory activities you may do with your loved ones to connect with them:

- Offer warm drinks based on preferences
 - Reminiscence therapy with life stories
 - Rummage box
 - Seated exercises
 - Movie sessions
 - Karaoke sessions
 - Doll/Pet therapy
 - Gardening
 - Art and crafts
- 

NAMASTE CARE RECORD

Guide your sessions with your loved one's life story. Use pictures, smells, and conversations relating to things that are important to them.

Birth Family and Childhood	
Schooling	
Friends and Relationships	
Children	
Job	
Hobbies and Holidays	

NAMASTE CARE RECORD

Observe and record how your loved one responds to each stimuli to guide your sessions. Be as specific as possible!

Stimuli	Response		
	Dislike	No Reaction	Like
Music			
Touch			
Taste			
Vision			
Smell			



If your loved one is overly agitated, it is best to carry out Namaste Care at another time



Kindly scan the QR code to view a video by Agency for Integrated Care (AIC) that provides a step-by-step guide for caregivers on how to provide Namaste Care.

TTSH Integrated Care Hub (ICH)

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