



Namaste Care Project

Referral Criteria Guidance

Namaste Care™ was developed by Joyce Simard in the USA as an end-of-life programme for people living with advanced dementia. Whilst defining advanced dementia is quite difficult, given that individual symptoms differ and progression of symptoms can be so varied, the following criteria are intended to provide guidance on appropriate referrals for the community based Namaste Care Project.

- The person living with dementia lives at home in the central Durham or Chester-le-Street AAP areas.
- The person living with dementia is most likely in their last year of life.
- The person living with dementia is finding it more difficult to communicate verbally.
- They have become completely dependent on the support of others for activities of daily living.
- They would not now find it easy to leave the house or engage in group activities.
- They would benefit from a gentle, sensory approach, on a one to one basis by a trained volunteer to enhance their wellbeing.
- The person with dementia and/or carer has consented to the referral and is aware that the carer needs to be present in the house during Namaste visits.

Should you have any questions please contact The Living Well Centre on

0191 386 1170 option 2.