



Namaste Care Referral Form

Namaste Care is a person-centred approach which supports people in the later stages of dementia to engage in meaningful activities to promote an improved quality of life.

These activities may include:

- Offering gentle touch for example through hand massage
- Playing favourite music
- Making and looking through a memory box
- Reading favourite books and poems
- Encouraging gentle movement

St. Cuthbert's Hospice provides Namaste Care to people living with advanced dementia who are registered with a GP in Durham or Chester- le- Street. Namaste Care is facilitated by trained volunteers and can be provided in the person's own home or in some cases a group setting.

A carer or family member must be available to be present in the home during Namaste home visits.

Referral Criteria

The person living with dementia is in the later stages of dementia and may be experiencing the following symptoms:

- Forgetting close family member's names and relationships to them.
- Not recognising familiar surroundings.
- Communication skills are significantly reducing.
- Mobility is reducing.
- Assistance is required with most activities of daily living (e.g. eating, washing, attending to toileting needs).

Referrer details

Name:

Job Title and Organisation

Telephone:

Email:

Other professionals or agencies involved in care:

Reason for referral: (please include details of any known risks to self or others)

Name:

Date of birth:

NHS Number:

Address:

Telephone Number:

GP:

Carer Information

Name:

Telephone Number:

Relationship to the person with dementia:

Accessible Information: If you would like a copy of this form in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Please email referrals to NECNE.StcuthbertsHospiceReferrals@nhs.net

For further information or if you would like to discuss a case in advance of referral, please contact Namaste Coordinator, Lesley Ann Leighton on 0191 386 1170 option 4.