**Text

Description automatically generated**

**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](mailto: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.