Improving dementia care across Walsall through partnership working

Walsall Healthcare For One & All
St Giles Hospice Care Walsall
Pathways 4 Life
Accord
Walsall age UK
Improving Health and Wellbeing for Walsall
NHS Walsall Clinical Commissioning Group
Walsall Healthcare NHS Trust
NHS

Who are we?

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Improving Dementia Care across Walsall

Care Improvement and End of Life

- A collaboration project between Pathways 4 Life and St Giles Hospice Walsall
- Commissioned in June 2015 by Walsall Clinical Commissioning Group
- Aim to reduce unnecessary hospital admissions for people living with dementia in care settings
- Namaste is a key aspect of the service specification to deliver in care homes

Improving Dementia Care across Walsall

Walsall Healthcare NHS Trust

- Commissioned since April 2014
- Older People's Mental Health Service
- Team of 8 plus 4 Dementia Support Workers
- Focus on prevented admission
- Inspired by attending a lecture by Professor Joyce Simmard

Partnership working across Walsall

- Joint training
- Community based Steering Group developed in conjunction with the hospital based Steering Group
- Linking up services to celebrate good practice, share experience and greater awareness of other provision

Development of Namaste

What is Namaste?

- Developed by Professor Joyce Simard
- Namaste Care is a sensory based programme
- Care is delivered with ‘a loving touch’
- Brings pleasure and meaning to activities

Who is Namaste for?

- People with advanced stages of dementia, possibly end of life
- People who may not be able to take part in traditional activities
- People who may have difficulty communicating

Core Elements of Namaste Care

- The presence of others
- Comfort and pain management
- Sensory stimulation across all 5 senses
- Meaningful activity
- Nutrition and hydration
- Life history
- Connecting

Namaste Care Standards

Gold standard would be:

- 7 days a week – because dementia is 7 days a week
- 4 hours a day
- Takes place in a special designated area (if possible)
- Opportunity for meaningful engagement for both those delivering as well as receiving
- More than just a game of bingo!

Namaste Room at the Manor Hospital

Namaste Room at the Manor Hospital

Engaging the senses

- Helps people to feel connected
- Can encourage reminiscence
- Can support with communication
- Helps people to feel a sense of belonging
- Stimulates the brain

Why advocate Namaste?

- Potential decrease in behaviours that may challenge
- Improved quality of life
- ‘Removes the gloves’
- Cost effective
- Allows individuals tranquillity and dignity at end of life

Challenges of Namaste

- Lack of understanding of dementia
- Time constraints
- Lack of understanding about the importance of engaging in meaningful activities
- Space
- Knowing the likes and dislikes of the people receiving Namaste care

Results of Namaste

- 4 homes have engaged with the concept of Namaste
- DSWs for Care Improvement and End of Life have attended Train the Trainer
- Trained over 80 apprentices and support workers at the Manor Hospital
- Anecdotal evidence of decreased behaviours that may challenge and staff feeling better connected with residents
- One resident in a home started to use more language

An Activity Coordinator’s Story

“How you can truly connect with someone through Namaste makes my job so worth while. I connect with a person , a real person, a someone that is beyond a veil. That is the essence of Namaste” – Walsall Activity Coordinator

Future of Namaste in Walsall

- A transferable Namaste care plan
- Enhances person centred care across services
- Future roll out of train the trainer across the health economy

Thank you for listening

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