

The Namaste Care Family program to improve quality of life of nursing home residents with advanced dementia and positive caregiving experiences of their family caregivers: Study design and first experiences

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Rationale

Quality of life of Dutch nursing home residents with advanced dementia can be improved;

- They may be isolated, cannot participate in regular activities, present challenging behaviors, may have unfulfilled needs
- Family caregivers may be frustrated with limited contact with their loved ones
- Few psychosocial interventions available for people with advanced dementia



Namaste Care

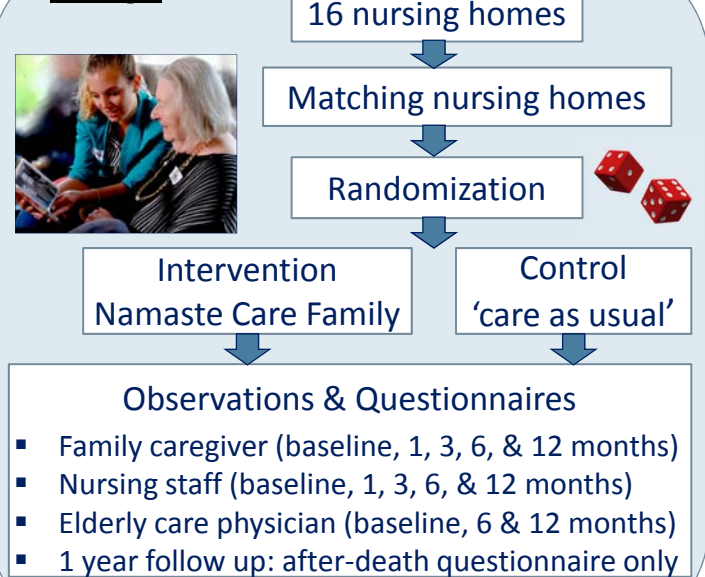
- Psychosocial intervention for people with advanced dementia
- 7-day-a-week program, 2h, twice a day
- Includes person-centered and palliative care approaches and end-of-life care
- Loving touch, presence of others, and meaningful activities



Objectives

- To include the involvement of family caregivers and volunteers in the US Namaste Care program
- To assess effects on:
 - quality of life of people with advanced dementia
 - positive caregiving experiences of family caregivers
- To assess the most effective elements of the program and the cost effectiveness

Design



First experiences & challenges

- Positive effects on people with dementia
 - less challenging behavior, more relaxed after session
- Family caregivers appreciate the extra personal attention for their loved one
 - disappointment if there is no direct noticeable response
- Involving family/volunteers requires effort
 - family caregivers and volunteers prefer specified tasks
- Invest in getting all staff on board
- Continuous support and attention from management is essential

