

Namaste Care is a structured intervention for persons living with advanced dementia, which incorporates sensory intervention, social contact, and environmental modification. It aims to honour each person for their unique personhood, nurturing the individual spirit with meaningful activities and a loving touch approach, within a calm and home-like environment.

This blended course aims to provide learners with theoretical and practical knowledge of delivering Namaste Care as a specialised intervention for persons living with dementia in their settings.

Course Objectives

By the end of this course participants will be able to:

- Describe concept of Person-Centred Care and unmet needs
- Plan activities for Persons living with dementia at moderate and late stages of dementia
- Apply Person-Centred Care in Activities of Daily Living
- Describe principles and benefits of Namaste Care
- Establish steps to implement Namaste Care
- Use of touch therapy and the 5 senses in Namaste Care
- Develop plan to implement Namaste care in own setting

Training Methodology

E-learning: SCORM, Reading Materials, Videos, Forum Discussion
 Classroom: Lecture, Class/Group discussion, Experiential Learning, Demonstration

Target Audience

Allied health professionals, nurses, programme coordinators/ executives and social workers who intend to implement Namaste Care programme in their settings.

Course Time

9am – 5pm, 9am – 1pm

Assessment

Duration: 1 hour

Date: 2 weeks after last day of classroom training

Course Fee: \$669.60 (Including GST)

Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for Work Pass Holders working in eligible community care organisations.

Trainers' Profile


Ms Michelle Tan is a Senior Occupational Therapist who enjoys collaborating with older adults with mental health concerns. She has a Master of Occupational Therapy (Graduate Entry) degree from University of South Australia. Her past work experience with Changi General Hospital included training and consultancy work with community eldercare agencies. She has provided consultancy services to AiC on coaching dementia champions of identified nursing homes. She attained the WSQ Advanced Certificate in Training and Assessment (ACTA) and has conducted training and workshops for professional and family caregivers, including eldercare workers in the community.

Course Outline

Blended

E-learning	Classroom Facilitation
Duration: 4 hours • Person-Centred Care and behaviour of concerns • Enriching Lives	Day 1, 9am – 5pm • Introduction and Application of Namaste Care in care settings
Duration: 2 hours • Reflect and recap on Namaste Care	Day 2, 9am – 1pm • Develop Namaste Care Implementation Plan

Venue

 Dementia Singapore Academy, 20 Bendemeer Road, BS Bendemeer Centre #01—02 Singapore 339914

Enquiries

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