

# Human Right to Personal Expression



## A Slice\* about Namaste Care Training

\* Over 20 different strands of work took place between March and October 2022 as part of Rights Made Real Phase 2. Each of these strands was situated under one of 4 Human Rights. This Slice offers a slice of insight into one of those strands.

# HUMAN RIGHT TO PERSONAL EXPRESSION

## A Slice about Namaste Care Training

The Namaste Care Training Opportunity was a collaboration between Lorna Reid (Prince & Princess of Wales Hospice) & Fiona Irvine (Ayrshire Hospice) and Rights Made Real in Care Homes.

Staff from 5 care homes participated in online workshops in May- June 2022 – a further 2 care homes will participate in workshops in Oct - Nov 2022.

The workshops introduced participants to the Namaste Care <sup>TM</sup> approach which is a creative, person-centred approach to essential care for people with end-stage dementia and other advanced conditions. It is a combination of knowledge, attitudes, skills and care practices.

### Creating Connections with the Right to Cultural Life and the Principle from the National Care Standards

Some key elements of this opportunity connected with the right to personal expression and National Care Standards principles were:

- Namaste Care has a particular focus on bringing focus and attention to residents who due to physical or cognitive reasons may be considered 'quiet' or 'silent' voices
- It raises awareness of ways in which to tune into how the person might be expressing pain or discomfort
- It encourages the creation of an enriched sensory environment which in turn can enable the person to experience and express comfort, interest, satisfaction

## What we've Heard

### Stories from staff with examples of bringing their learning from Namaste Care Training into practice

"One of the residents' daughters shared with me that she was finding it increasingly challenging to visit her Mum. Her mother has later stage dementia, tends to no longer communicate with words and likes to walk with purpose for much of the day. It had been difficult for the daughter to know how to spend time with her mother when she visited as she didn't know what to say to her Mum, as her Mum wasn't able to respond. I suggested to the daughter that she visit when I and another staff member who had done the Namaste Care training were working and that we could use some of the Namaste techniques together. We set up a quiet space with (battery operated) candles, and the soundtrack of a favourite movie of the mother and daughter playing in the background. We had a basin of warm water and flannels, and suggested to the daughter that she might wash her mothers' hands. After some time washing her mothers hands, her mother then took over and began to carefully wash and care for her daughters hands. You can imagine, we were all greetin' at this stage".

“I demonstrated a type of hand massage called the M-technique that the daughter was able to use. We then brought in an element of fun blowing bubbles. There were cakes and sweets available that the mother and daughter could enjoy together”.

“After the visit the daughter shared how moved she had been to be able to connect with her mother in that way, when she had been finding visits so hard, and how she now felt more confident about visits going forward that she doesn't need to fill the time with chat-and that there are other ways to connect and spend time with her Mum”.

“There is a lady in our home who expresses herself with loud moans and we're conscious how distressing this is for her, and those around her. One day, when she had been distressed, I pulled up a chair close beside her. I fixed her blanket and checked if she was cosy. She was lying in bed, I sat beside her in silence, and still felt she knew I was there with her. I began brushing her hair with slow, careful brushes; in a low voice she said “very nice”. After a little time I started a hand massage- “lovely”. I read to her while holding her hand, after a while I stopped reading- she moved her hand, she seemed to want me to keep reading, which I did. A little later, I began to stroke her head, as she had liked her hair being brushed, I started off gently and sensed that she would like firmer strokes- on her cue I lengthened the strokes down her face. I felt we were absolutely there together in those moments”.

## 1 Thing you Might Want to Do

Check-out the Right to Personal Expression Tab in the Resources page of [www.rightsmadereal.org.uk](http://www.rightsmadereal.org.uk), where you will find a range of information about the Namaste Care™ approach.

### Something you Might want to Ask or Think more About

- What did you like in the two stories above?
- Have you or someone you know done something a little bit similar?
- What has thinking about these stories sparked in you?

