

Soci t  Alzheimer Society

Title of Study: Feasibility and preliminary effectiveness of Namaste care delivered by caregivers of community-dwelling older adults with moderate to advanced dementia: A mixed methods study

Location: Canada-wide

Study Description:

This research involves adapting and evaluating a program to be delivered by family and friend caregivers of persons living with dementia at home.

What will happen during the study?

In part 1 of the study we will work with caregivers of older adults living with mid to late stage dementia to adapt Namaste Care, a personalized multisensory program aimed at improving the quality of life of people living with dementia and their caregivers. About 8 to 10 caregivers will be involved in adapting Namaste Care and 10 to 20 caregivers will receive training in how to use Namaste Care and deliver it at home for 3 months in part 2 of the study.

We will assess program effects in part 2 using surveys and interviews. In part 1 of the study you will be asked to participate in two workshop sessions by Zoom lasting about 60 minutes each and one individual 30-minute follow-up interview by telephone or Zoom. The total time commitment is about 2.5 hours for part 1 and 3 months for part 2. All supplies will be provided for you to deliver Namaste Care at home. You will receive a \$25 gift card for your participation after completing part 1 or part 2.

Eligibility: Who Can Participate?

- Caregivers 18 years or older who have experience providing physical, emotional, and/or psychological support for a family member or friend aged 65 years or older with moderate to advanced dementia within the last five years at home
- Able to speak, write, and understand English
- Currently live within Canada

Recruitment Start Date: September 1, 2020

Recruitment End Date: December 31, 2021

Contact Information

Marie-Lee Yous

PhD Student

School of Nursing, McMaster University

Email: yousm@mcmaster.ca

Phone: (905) 920-4614