

Study Title: Feasibility and Preliminary Effectiveness of Namaste Care Delivered by Caregivers of Community-Dwelling Older Adults with Moderate and Advanced Dementia: A Mixed Methods Study

Delivering a Program for People Living with Dementia at Home



Are you a family member or friend who cares for a person living with dementia?

You are eligible to participate in a study if you:

- are currently living with or providing at least four hours of support a week for a person with mid to late-stage dementia
- are currently caring for a person with dementia who is 60 years or older

The purpose of this second part of the study is to:

- support you in using a modified version of a program for people with mid to late-stage dementia called Namaste Care, a personalized program aimed at improving quality of life of people with dementia through the senses (e.g., touch, smell, sound, taste, sight) which was created **in the first part of the study**
- understand the effects of the program on your quality of life

You will be asked to:

- participate in one 60-minute training session in your home or by videoconference (Zoom)
- deliver the Namaste Care program for 3 months (all supplies provided; computer tablet can be borrowed)
- complete brief questionnaires
- participate in one 45-60 minute interview

You will receive:

- a \$25 gift card for your participation



If you are interested in learning more about this study please contact Marie-Lee:

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This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project #10526