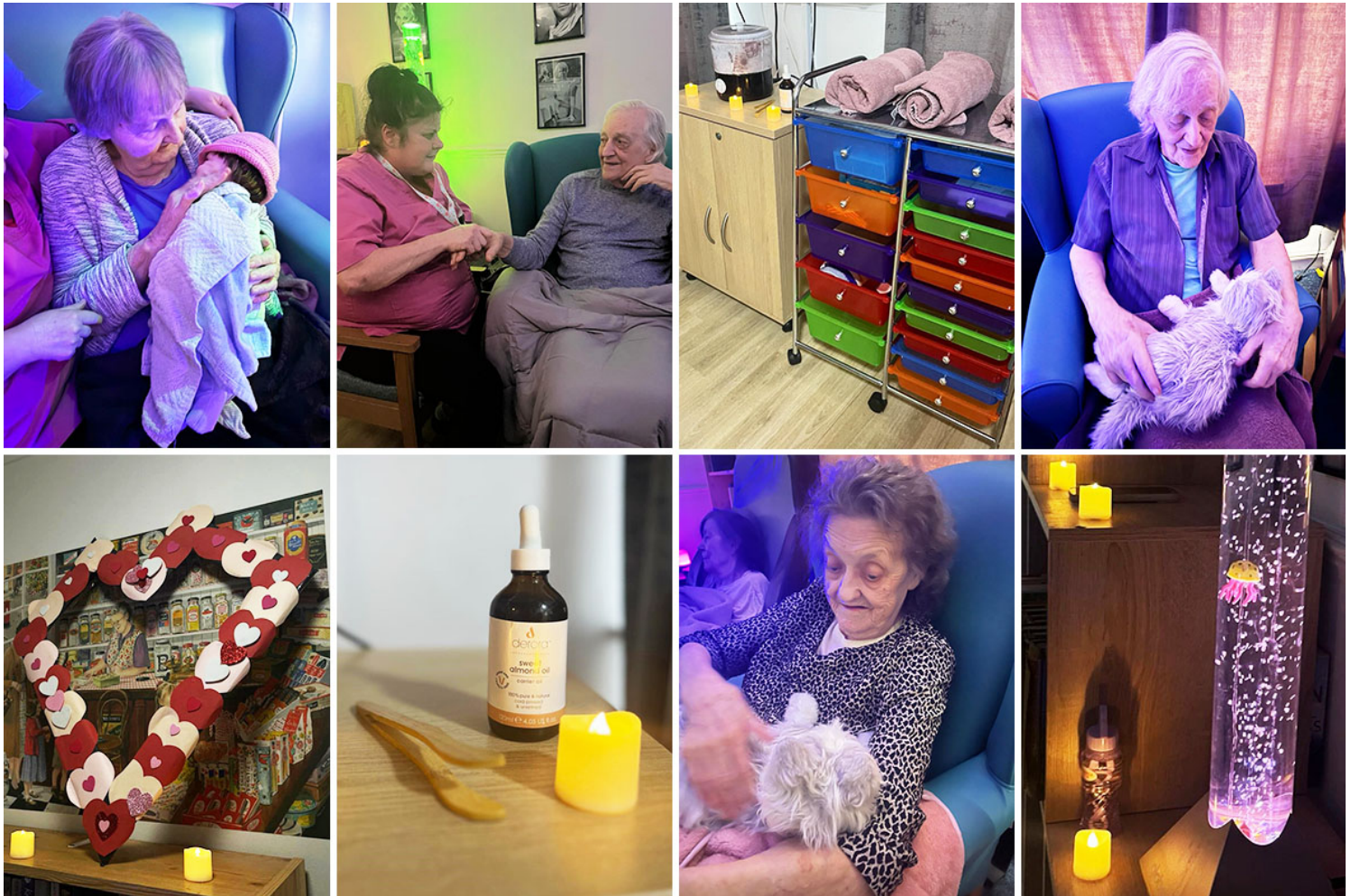


Namaste at Sonya Lodge Residential Care Home



Here at Sonya Lodge Residential Care Home we have embarked on a new concept journey called Namaste. Namaste is a holistic approach of care for those with dementia which provides physical and emotional activities with a loving energy.

At **Sonya Lodge** our room is set up to create a **tranquil environment** to promote relaxation and peace. We have electric tea lights, a projector to fill the room with **calming colours**, an aromatherapy diffuser to tickle the senses, a flannel warmer, weighted blankets to help with anxiety, natural oils for relaxing hand massages and **nature sounds** in the background, plus a range of **stimulating sensory activities** including doll therapy, interactive pet therapy and fidget muffs.

Namaste care honours the spirit within, it is respectful and compassionate. It is person-centred as it is adapted to each person so it can work best for them. It focuses on the five senses to promote sensory stimulation and can actually **boost one's nutrition and hydration**, as snacks and drinks are offered throughout the session.

A wonderful thing about Namaste is that **family members can be involved** which can strengthen emotional bonds. *We are big advocates for Namaste here at the Lodge and we're excited for the future of it.*

