

COGNITIVE STIMULATION THERAPY (CST)

COGNITIVE SKILLS ARE THE SKILLS THE BRAIN USES TO THINK, LEARN, REMEMBER, PROBLEM SOLVE AND COMMUNICATE. THERE ARE A NUMBER OF APPROACHES TO HELP PEOPLE WITH DEMENTIA IMPROVE THEIR MEMORY AND THINKING SKILLS, AND TO COPE WITH MEMORY LOSS. ONE OF THESE IS COGNITIVE STIMULATION THERAPY(CST). CST HAS BEEN DEVELOPED BY REVIEWING THE BEST AVAILABLE RESEARCH ON APPROACHES TO IMPROVE COGNITIVE SKILLS FOR PEOPLE WITH DEMENTIA

BENEFITS OF CST

- Found to benefit the memory and thinking skills of individuals with mild to moderate stage dementia
- People with dementia who took part in CST reported an improvement in quality of daily life
- Caregivers and family reported improvement in language and communication of people with dementia
- UK National Institute for Health & Care Excellence (NICE) recommends that people with mild to moderate dementia should be offered the opportunity to participate in CST alongside pharmacological treatments

PARTICIPATION CRITERIA

- For those experiencing a deterioration in memory and/or thinking skills, or have received a diagnosis of mild to moderate stage dementia
- Availability to participate in regular 2 hour group based sessions
- A willingness to challenge yourself and try new things
- No significant hearing or vision impairment
- Can attend the sessions independently (without a caregiver or family member for support)



The “**Memory Makers**” group consists of 12 sessions, over 6 weeks. Each session covers a different topic:

- **Physical Games**
- **Sound**
- **Childhood**
- **Food**
- **Current Affairs**
- **Faces/Scenes**
- **Associated words**
- **Being creative**
- **Categorisation**
- **Orientation**
- **Using money**
- **Number Games**
- **Word Games**
- **Team Games**

Sessions cover a range of activities to stimulate thinking, memory & social skills i.e. discussing current news stories, listening to music, playing games & undertaking practical tasks required for independent living

WHEN

**6 week program to begin in
January & September**

WHERE

Peace Lutheran Church Hall, Paget

HOW

Please register your interest in participating in the next CST program by contacting Marie Fay (Occupational Therapist) at 707-0600 or mlfayot@gmail.com