

COGNITIVE STIMULATION THERAPY (CST)

Cognitive Skills

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 life.

Caregivers and family reported improvements in language and communication with 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.

Cost of CST

\$200 per participant for each six week course. *If financing is an issue please contact AAD at alzbermuda@yahoo.com*

“Memory Makers”

The “Memory Makers” group sessions consist of 12 sessions held over a 6 week period.

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



Each session covers a different topic, including:

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

Participation Criteria

AAD's CST sessions are for those experiencing a deterioration in memory and/or thinking skills, or who have received a diagnosis of mild to moderate stage dementia. Attendees should be available to participate in a regular 2 hour group based session, and have a willingness to challenge themselves and try new things. They can attend the sessions independently without a caregiver or family member for support. Participants should have no significant hearing or vision impairment.

When & Where

There will be four 6 week programs in 2022, held at Peace Lutheran Church Hall in Paget on Tuesday morning (10am - 12 noon) and Thursday afternoon (2-4pm).

The dates are:

April 14 to May 21
May 26 to July 2

September 15 to October 22
November 3 to December 10

How to Register

Please register your interest in participating in any or all of our 2022 CST sessions by contacting Marie Fay, Occupational Therapist at 707-0600 or by email at mlfayot@gmail.com.

For general queries on programs and support offered by Action on Alzheimer's & Dementia contact us at alzbermuda@yahoo.com