

# Cognitive Stimulation Therapy



## What is Cognitive Stimulation Therapy?

Cognitive Stimulation Therapy or CST is recommended in NICE Guidelines for people living with moderate dementia. The group sessions are light-hearted and relaxed, and aim to actively stimulate and engage group members, in a fun, friendly and enjoyable way. Each session involves a mix of activities and discussions arranged around particular themes such as discussions of current affairs, orientation, and word and number games.

## Who is it for?

CST is designed for people who have a diagnosis of dementia with moderate difficulties and who can communicate within a group.

## How can Cognitive Stimulation Therapy help me?

Research has shown that participants can benefit from improvements in their memory, other thinking skills and general wellbeing, as well as benefit from the social aspect of being part of a group. It can also help improve quality of life of those who take part in the group.

## What will the group involve?

Each session involves social contact with other members, singing the group song, a warm up activity, orientating tasks and activities and a tea break. To participate you need to be able to be part of a group of around 10 - 15 people and be able to engage in the group discussions and activities. Our groups run up to 2 hours, with a break half way through, so you will need to be able to concentrate on the activities for up to an hour at a time. There are 8 sessions in total. In order to really benefit from the interaction we do ask that you attend all eight sessions. Carers will be invited to attend the final session for sharing of information about local resources.

All CST sessions focus on strengthening and maintaining different parts of the brain which deal with:

- Orientation
- Memory
- Attention, concentration
- Language skills, communication skills, understanding/ comprehension
- Reasoning, problem solving

## Booking Details

As we only have a limited number of places, we urge you to book your place as soon as possible to avoid disappointment! You will be invited to attend an assessment session before the group starts so that we can confirm if the group is suitable for you. This will also give you a chance to meet the staff who will be running the CST group.

To book your place please see the details on the attached page about the group dates and times as well as who to contact.

Alternatively, if you cannot attend these groups and want something more local, there are other organisations that run groups and activities in your area that you can contact.

Age UK: 0800 169 6565

Herts Help 0300 123 4044

**Cover Artwork: *Give Summer a Chance* by Denise Bowser**

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January 2019