

Cognitive Stimulation Therapy

Recommended by NICE* to improve cognition, independence and wellbeing for individuals living with mild to moderate dementia



New! A programme of evidence-based CST sessions available in small groups or on an individual basis in your own home.

For people living with mild to moderate dementia in West Lancs we are delivering a programme of Maintenance Cognitive Stimulation Therapy (MCST) in small groups. Each session includes a range of creative and musical activities, topical discussions, physical activities, quizzes and word and number games. Limited places are available at Ormskirk's 'Face to Face' group sessions and within virtual Zoom sessions.

For carers and families we provide Individual Cognitive Stimulation Therapy (iCST) via a Carers Awareness session to enable carers and family members of those living with dementia to deliver the principles of CST at home, providing opportunities to engage in meaningful activities together.

Waiting lists are now open at our venues across Lancashire. Virtual CST is available for those wishing to engage in online support and have access to a suitable device and internet.

* National Institute for Health & Care Excellence

**For more information and details on
cost, please contact us on
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