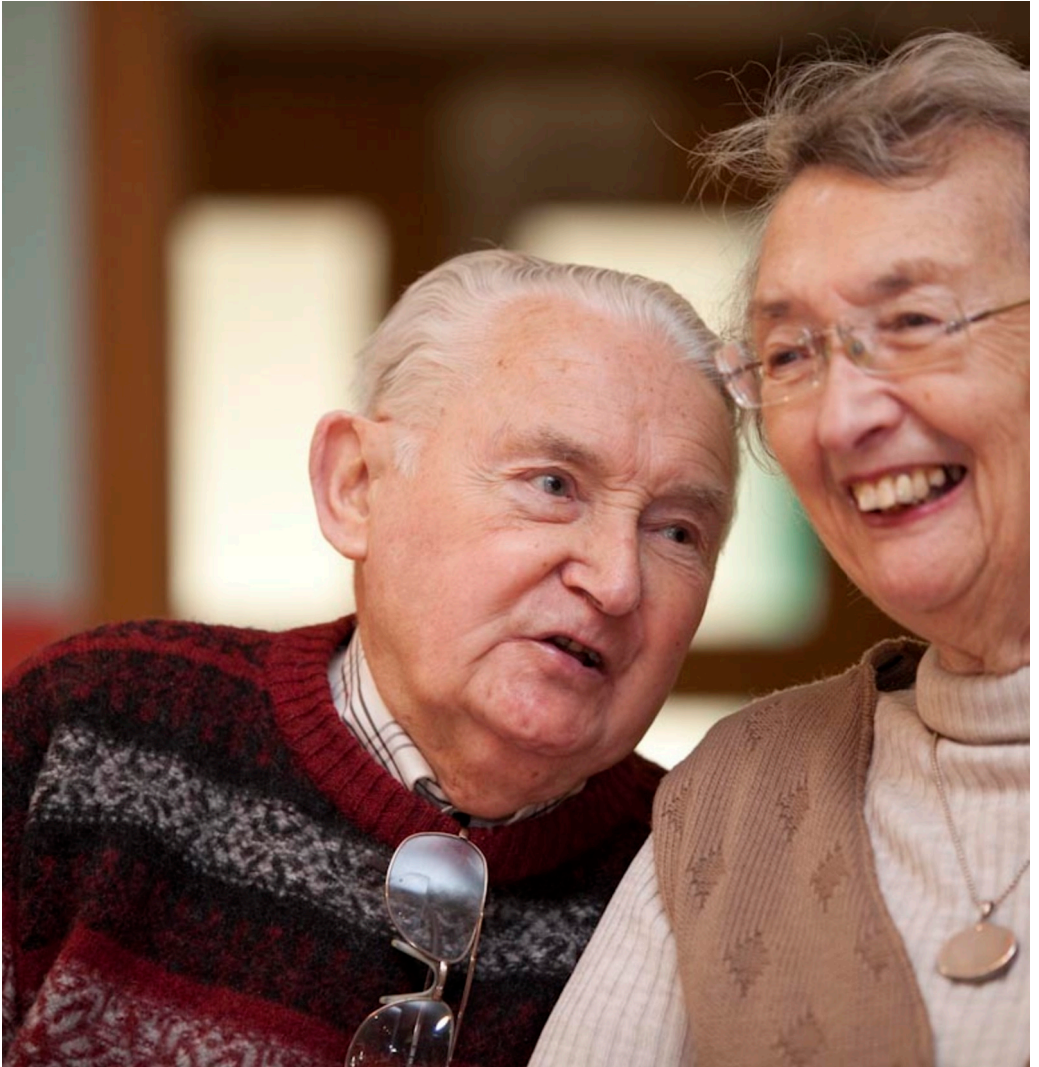


Cognitive Stimulation Therapy for the Memory



Cognitive Stimulation Therapy For People with Mild to Moderate Dementia

The seven week programme consists of 2 hour weekly sessions that can help individuals to better cope with their condition.

These activity based group sessions are structured to support people to develop compensatory strategies for their lapses in memory by using techniques to help them with daily challenges.

Cognitive skills include memory, attention and functionality, which refers to an individual's ability to plan, sequence, organise, problem solve, decision make, initiate and be self-aware.

Cognitive stimulation involves activities and exercises that stimulate thinking, communication and memory in the person with dementia.

Each session follows a general theme with a choice of activities using props, games and equipment to cater for the interests of everyone in the group.

Examples are: Seasonal awareness, family life, food, sound, numbers & words. There will also be a trip out for group members.

The UK Department of Health NICE guidelines state that people with mild/moderate dementia of all types should be given the opportunity to participate in a structured group cognitive stimulation programme.

Programme Costs & Dates

We are offering a Special Price of just £49 (usually £105) for a full 7 week programme including equipment, activities and refreshments.

Course Start Dates:

- Wednesday 17th October 2018
- Thursday 1st November 2018
- Thursday 17th January 2019

Times: 2pm - 4pm

Age UK Plymouth

Astor Drive

Mount Gould

Plymouth

PL4 9RD

e enquiries@ageukplymouth.org.uk

t 01752 256020

www.ageukplymouth.org.uk

