

Cognitive Stimulation Therapy Groups



What is Cognitive Stimulation Therapy?

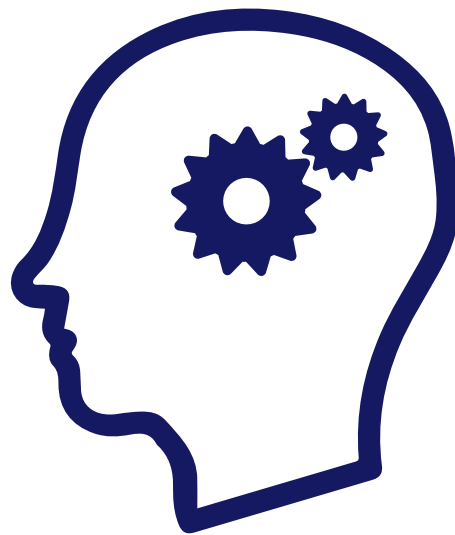
Cognitive Stimulation Therapy, or CST for short, is a specific programme of group activity and stimulation suitable for use with people who are living with dementia.

What can I expect if I join a CST group?

There will be up to six people in each group, along with the group leader and assistant. The atmosphere is relaxed, and the idea is to have fun and get to know the other group members, as well as benefit from the activities. Sessions always begin with a coffee or tea and a chat. After that, there will be an activity which is designed to stimulate different areas of the brain each week. These activities are geared to what you, as an individual, feel comfortable doing.

In a study of the effects of CST, people who had a diagnosis of dementia said they had ‘increased quality of life compared to those receiving usual care.’ They showed improved results on tests of memory and other abilities. The conclusion was that the programme was just as effective as the drugs that have been developed to help people with dementia.*

*Spector A et al (2003). Efficacy of an evidence-based cognitive stimulation therapy programme for people with dementia: randomised controlled trial. *British Journal of Psychiatry*, 183 248-254



What do I need to know?

You don't have to have any prior knowledge to enjoy a CST group. It's important to come with an open mind and have fun.

When and where is it happening?

Cognitive Stimulation Therapy sessions will begin on Tuesday, June 29th, at The Age UK Day Centre, Wood Street, Tunbridge Wells. It will continue for fourteen weeks. The sessions start at 11.00am and finish at 12.30pm.

What should I do now?

For further details about Cognitive Stimulation Therapy then please contact Jo Marks on 01892 522591 or 07591530963.

Our Other Services

- Advocacy
- Befriending & LGBTQ+ Befriending
- Computer Tuition
- Chiropody/Podiatry Clinics
- Day Care Services
- Dementia Day Care Services
- Form Filling
- Hairdressing
- Home Bathing
- Independent Living Support
- Information and Advice

Contact us to find out how we can help:

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