

Maintenance Cognitive Stimulation Therapy Groups



What is Maintenance Cognitive Stimulation Therapy?

Maintenance Cognitive Stimulation Therapy, or MCST for short, is similar to Cognitive Stimulation Therapy - a specific programme of group activity and stimulation suitable for use with people who are living with dementia. It follows on from the CST course and is suitable for people who have completed CST and would like to carry on with the weekly sessions.

What can I expect if I join an MCST group?

There will be up to six people in each group, along with the group leader and assistant. There may be others in the group you already know from the CST sessions. 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.

The Maintenance sessions follow similar themes to the CST sessions, with some new themes added, but it aims to use different materials where possible, to avoid repetition. The structure of the sessions is the same as CST, however, so it will feel familiar to you.

What do I need to know?

As with CST, you don't have to have any prior knowledge to enjoy an MCST group. It's important to come with an open mind and have fun.



When and where is it happening?

Maintenance Cognitive Stimulation Therapy sessions will begin on Tuesday, June 29th, at The Age UK Day Centre, Wood Street, Tunbridge Wells. They will continue for twenty-four weeks. The sessions start at 2.00pm and finish at 3.30pm.

What should I do now?

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



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Contact us to find out how we can help:

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IDBB0S374 08/15