



Cognitive Stimulation Therapy Group



We hope that you have all enjoyed the last 8 weeks and feel that you have derived some benefit from engaging in the group, made some new acquaintances and maybe learned a few things or tried new activities or activities you may not have engaged in, in a while!

While unfortunately the 8 weeks has come to an end, we hope that you might consider continuing with some of the activities at home which would be beneficial to your brain and maintaining cognitive skills.

Individual Cognitive Stimulation Therapy is a cognitive and psychosocial intervention to provide mental stimulation with enjoyable activities.

Research has demonstrated that Cognitive Stimulation Therapy is beneficial to cognition and quality of life

Individual CST can be provided with a carer or relatives in the persons own home

We would hope that some of the benefits you found from the Cognitive Stimulation Therapy Group could be continued by engaging in some of the activities at home.

Engaging in activity allows the brain to engage in exercise and exercising the brain helps to maintain skills and confidence!

There are a few activity suggestions attached to provide some ideas and the manual can be purchased if you wish to get more details and a full selection of activity sessions 'Making a difference 3' by L Yates et al.

It would be great to include some of these suggestions in your daily or weekly routine and it can really make an impact on your brain health and quality of life.

Best wishes

Co facilitators of the Cognitive Stimulation Therapy Group

37 | Orientation I

Level A & Level B

Materials needed:

- World map
- UK map
- images from magazines or brochures
- holiday photos
- stickers or pins (optional)
- pen, paper (optional).

Discuss travel and places of interest using world and local maps, images from magazines and brochures, or your own holiday photos.

Things to think about...

- Place of birth
- Places you have visited
- Places you have lived
- Places relatives live, or ancestors came from
- Places you would like to visit and why

If you are using maps, you might like to mark these places with a pin or sticker.

Orientation II | 38

Level A

Materials needed:

- Map or images of local area (optional)
- pen, paper, stickers (optional).

Locate and mark places of interest to you (e.g. your home, favourite park).

Suggestions...

- Identify places of interest on the map (e.g. local library, the post office)
- Talk about how the local area has changed over the years
- Where would you go in your local area to...
 - Buy groceries or clothes
 - Send packages or parcels
 - Have a meal
 - Catch a bus or train.

Level B

Materials needed:

- Pen, paper.

Draw a map of your local town or street.

Suggestions...

- Locate and mark places or areas of interest on the map
- Plan a route from one place to another and think about what you might pass on the way. Are there alternative routes or modes of transport that could be used?