

COGNITIVE STIMULATION THERAPY

Background



Cognitive Stimulation Therapy has proven to be a significant influence on quality of life for participants in CST programmes. There are positive social outcomes recorded by people living with dementia following engagement with CST. Autonomy, improved communication, awareness of self, confidence, and group interaction are regularly cited, and all of these are intrinsically elemental to personhood.

Cognitive Stimulation Therapy is:

- a well-established, evidence-based, group psychosocial intervention recommended in the NICE guidelines for people with mild to moderate dementia.
- a non-drug intervention shown to improve cognition and quality of life which focuses on the use of multi-sensory stimulation, prompting learning skills and encourages personhood while using cognitive skills within a social and familiar setting.
- a cognitive based non-pharmacological psychosocial intervention for people living with mild to moderate dementia.
(Spector *et al.* 2003).
- based on the orientation around a person's activities of daily living, targeting cognitive and social function while encouraging personhood.
(Kitwood 1997; Gibbor *et al.* 2021b).

- It involves activities which are focussed on stimulating cognitive function such as thinking and memory. The various themed activities include talk of the past and present current events and topics of interest, games, music and practical hobbies.

There is strong supporting evidence for the efficacy of CST for people living with mild to moderate dementia in improving cognitive function and quality of life .

(Olazarán et al. 2010; Woods et al. 2012).

The UK National Institute for Health and Care Excellence (NICE) guidance on dementia states *“people with mild-to-moderate dementia of all types should be given the opportunity to participate in a structured group cognitive stimulation programme, irrespective of any drug prescribed for the treatment of cognitive symptoms of dementia.”*

(NICE 2018).

The use of CST has become widespread and is available in 29 countries across all four continents. In the UK it is seen as an accepted post diagnostic support that may be made available on a regular basis to people with dementia.

(Keogh et al. 2019).

Eligibility Criteria

To participate in CST the Person must have a diagnosis of dementia and can engage and remain in the group for the full session

This intervention is for anyone with dementia over and under 65/ young onset dementia.

Location:

Start Date:

Time: