

What I need to know about CST

An intervention for people living with
mild to moderate dementia



COGNITIVE STIMULATION THERAPY



Involves a wide range of activities aiming to stimulate thinking and memory generally, including discussion of past and present events and topics of interest, word games, puzzles, music and creative practical activities.



Cognitive Stimulation Therapy
has proven to be both effective and enjoyable
psychological treatment for people with dementia



CST uses a structured approach to stimulate and engage persons living with dementia. It uses mental stimulation, reminiscence, orientation and focuses on opinions rather than facts to enhance a persons's function.



BENEFITS

- COMMUNICATION
- COGNITION

- SOCIAL INTERACTION
- IMPROVEMENT IN DAY TO DAY ACTIVITIES

- IMPROVEMENT IN MOOD
- ENHANCED QUALITY OF LIFE

CST will be delivered by delivered by a trained professional in a small group. There is no fee for this program.

Acknowledgement of Ruth Durack for her contribution in designing this document



Location:

Start Date:

Time: