

CST Information Sheet

What is CST?

Cognitive Stimulation Therapy (CST) is an evidence-based therapy treatment for people with a diagnosis of dementia.

What does it involve?

Cognitive Stimulation Therapy involves 14 sessions of structured 45 minutes group therapy sessions. The sessions run over seven or 14 weeks (depending on location) and each one covers a different topic. To make sure that there is continuity between the sessions they include some activities which are the same such as the warm-up activity, a song and a 'reality orientation board' which has information on the group, date, time, place, weather. The members will give their group a name and sessions cover a range of activities to stimulate thinking, memory and to connect with others such as by:

- discussing current news stories
- listening to music or singing
- playing word games
- doing a practical activity.

Who is it for?

The sessions are intended for people with mild to moderate dementia. They are designed to be relaxed, fun and to create opportunities for people to learn, express their views and work with others in a sociable setting.

Who is it run by?

The sessions are run by Alzheimer's Society. There will be two Dementia Advisers or a Dementia Adviser and Volunteer at the session to help and support you.

If you have any questions:

Please contact Wiltshire@alzheimers.org.uk

You can also leave us a voicemail on **01249 443469** and someone will call you back.

