



Cognitive Stimulation Therapy Groups for people with Mild or Moderate Dementia

There has been much research on how best to care for people living with dementia and from this research Cognitive Stimulation Therapy (CST) was developed.

A trial, involving over 200 participants, following the progress of people attending CST groups, took place in 2003. The results showed that those taking part had a better quality of life and an improvement in their ability to remember and reason.

In fact, they discovered that CST was just as effective as the drugs developed to help those with dementia and short term memory loss.

Initially, CST is provided during a 14 week course with a small group of people. It includes activities such as quizzes, word and number puzzles, reminiscence, games and discussions on current affairs, art and music. The group members may also suggest topics that interest them.

In the groups, we see the person first rather than focussing on dementia or other impairments. We are all unique and have different experiences, skills and interests. We show respect for one another and group members' different opinions. Our CST groups provide learning in a way that is fun and enjoyable for both participants and volunteers.

The groups are held at Dereham Meeting Point where support for family carers is offered through our Carers' groups. If families wish to become more involved and continue the work of the CST group at home, they would be very welcome.

Two CST groups are held each week at Dereham Meeting Point. Each group runs for 14 weeks after which group members are offered access to a continuation group so that they can continue their CST if they wish.

For more information or to book a place contact:

**SHONETTE MOONEY (Manager)
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For further information please visit our website or find us on Facebook

www.dementia-friendly-dereham.co.uk