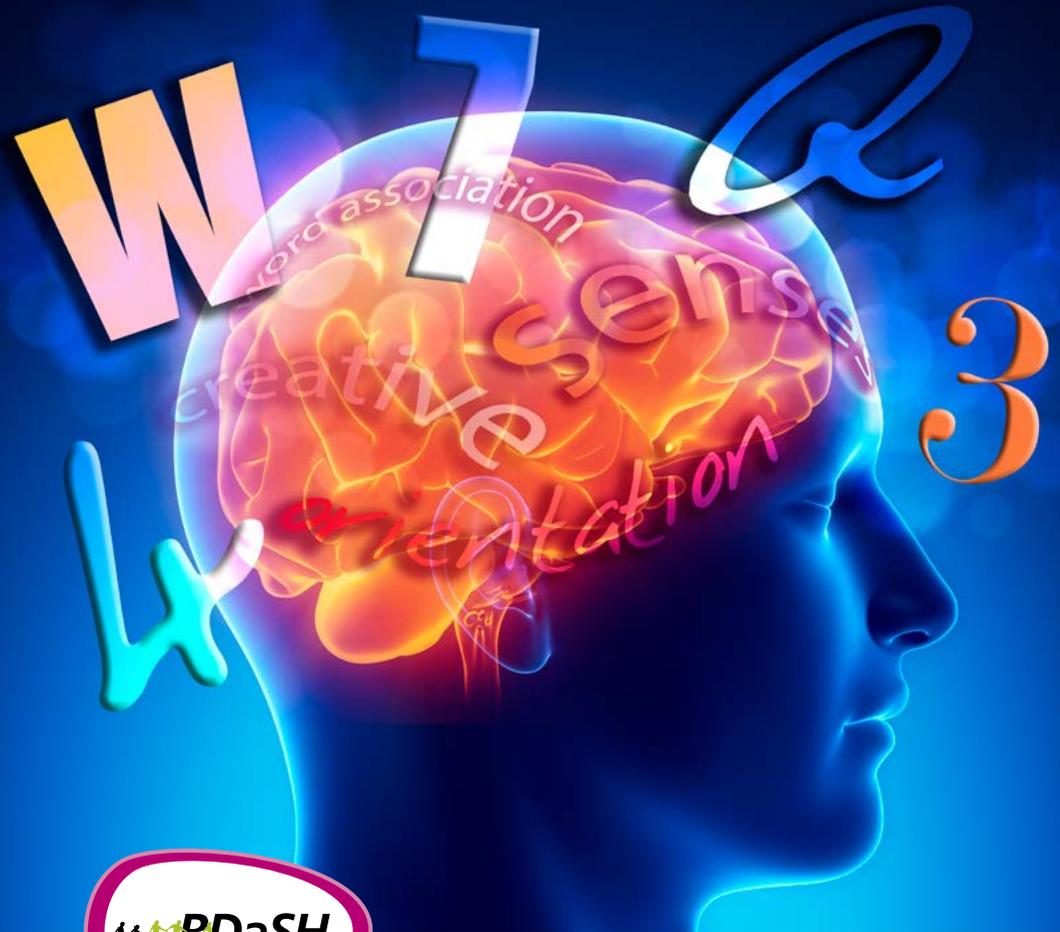


Cognitive Stimulation Therapy

Memory Therapy Service



Information for patients

What is Cognitive Stimulation Therapy?

Cognitive Stimulation Therapy (CST) is a group therapy for people who are experiencing mild cognitive impairment or dementia. The programme was devised by psychologist Dr Aimee Spector and has been designed to improve confidence and wellbeing.

CST was designed following extensive evaluation of research evidence, and so is an evidence-based treatment. Department of Health guidance on the management of dementia recommends the use of group cognitive stimulation for people with mild to moderate dementia, irrespective of drug treatments received.

This therapy is recommended by the National Institute for Health and Clinical Excellence (NICE) for 'all people with mild to moderate dementia'. The effects of the programme appear to be of a comparable size to those reported

with the 'anti-dementia' medication currently available, and provide a means of maximising and measuring quality of life for people with cognitive impairment.

Further information about NICE guidelines and CST can be found at: www.cstdementia.com.

The RDaSH CST programme consists of 14 weekly sessions, each lasting around two hours, including time, refreshments and social interaction. The sessions aim to actively stimulate and engage people with dementia, while providing an optimal learning environment and the social benefits of a group.

Each session is structured and has a focus:

1. Physical
2. Sound
3. Childhood
4. Food
5. Current affairs
6. Faces/scenes
7. Word association

8. Being creative
9. Categorising objects
10. Orientation
11. Using money
12. Number games
13. Word games
14. Team quiz.

There will be a 50p charge for refreshments.

The programme is specifically for group members to attend independently, without carers. RDaSH's Mental Health Services for Older People hold a monthly Carers Group which carers will be invited to attend.

Each group will consist of around eight members and two facilitators and there will be a strong focus on having fun, with lots of discussions and sharing of opinions. No answers are wrong, and the group environment will be supportive with members encouraged to support each other.

As part of the programme we may suggest other services that could be helpful.

Before being invited to attend we ask patients to have an assessment of their memory and functioning. Criteria for inclusion in the programme include some degree of mild cognitive impairment. A score of 20 or above on our memory test will be used as an assessment guideline. However, functioning ability will also be taken into consideration, as will the ability to communicate verbally and ability to communicate in a group setting.

Not all people with memory problems will be suitable for inclusion in the programme. If you are interested in taking part, please contact your health care professional who can refer you to the Memory Therapy Service to arrange an assessment.

For more information contact 01302 796138.

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

የሕገ ጸዕና፡ በግልጽ እንዲታይም በትልቁ፣ በብሬል ተጽፎ ወይም በቲፕ ተተኪት ወይም በሌላ ቋንቋ ተጽፎ ለጥቅ የሚፈልጉ ከዋነኞቹ ምክር ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ይደውሉ ያንጋግቡ።

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কোন শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌ভাইস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)。电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، یا به زبان دیگری، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

ئەگەر تۆم زانیاریانە بە چاڵی گەورە، برائیل یان ئەسەر شریتی دەنگی دەخوازیت باخود ئەم بەگەننامیە بە زمانیکی دیکە دەخوازیت، تکلیه پەمووندی بکە بە خزمەتگوزاری پرلنمایی و هاوناهنگی لمخوشاوه بە ژماره 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਨਾ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੋਟੇ ਹੋ ਜਾਂ ਇਸ ਸਲਾਹਕਾਰ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੱਟੋਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਸਲਾਹ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ سے بڑی چھپائی، بریل میں یا صوتی ٹیپ سے حاصل کرنا چاہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیشکش ایڈوائس اینڈ لিয়েزینس سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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