

# Cognitive Stimulation Therapy Group

## What is it?

- It is a group intervention for people with dementia and for the family member or friend who supports them
- It has a good research base and has been found to have significant benefits to people's cognitive abilities such as memory and language.
- In some studies it has been found to be equally effective as some medication people take for memory problems.
- It has also been found to be good at improving people's overall quality of life.

## What does it involve?

- 14 weeks of attending a small group that will last for 90 minutes.
- Each group will involve different activities for example, childhood reminiscence, word games, and number games. They are all designed specifically to help stimulate cognition.
- Short Information sessions will also be provided to inform the family member or friend attending about support available to them.
- Everyone is made to feel welcome, included and their opinions respected.
- It occurs in a fun, relaxed atmosphere.
- You may be asked to complete some brief questionnaires before the group starts and at the end to find out how helpful it has been for you.

### Where and When is it?

**Mondays 10:30am—12pm —Hut 3 & 4, Falkirk Community Hospital**

**19th of October —21st of December 2015**

**CHRISTMAS BREAK**

**11th of January—1st of February 2016**

## Q & A

### **Is it for people with a specific type of dementia?**

No, it does not matter what type of dementia a person has, it can be helpful for anyone with memory difficulties.

### **How is a referral made?**

It can be made after discussion with your CPN, Psychiatrist or Occupational Therapist.

## Q&A

### Who Leads the Group?

NHS—Occupational Therapists

Louise Simpson  
&  
Kathryn Jackson

Carers Centre Falkirk & Clackmannanshire

Carer Training Co-ordinator  
Donna Mulder

### How do I get to the group?

Sorry, no transport

For more information,  
[www.cstdementia.com](http://www.cstdementia.com)

or Contact:

Occupational Therapists

Louise Simpson  
or  
Kathryn Jackson

Community Mental Health Team  
(Older Adults),  
Falkirk Community Hospital

01324 673805



# Cognitive Stimulation Therapy Group (CST)