



Harold's Cross
Blackrock
Wicklow
Respite Rehabilitation Reassurance

Cognitive Stimulation Therapy can help keep your brain active and may improve your memory and concentration

GET IN TOUCH

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Cognitive Stimulation Therapy (CST) for People with Dementia

OCCUPATIONAL THERAPY



What is CST

CST is a group treatment for people with dementia. Each group consists of themed activities that aim to provide stimulation for thinking, concentration and memory. Groups support new learning and provide an opportunity for meeting new people.

The benefits of CST

- Keeps the brain active
- May improve memory and concentration
- Supportive environment for social interaction
- Focuses on strengths rather than difficulties.
- Chance to meet new people, reminisce & have fun.

What is the Evidence

CST has been shown to improve memory and quality of life for people with dementia. It can also help improve communication and social interaction.

Programme Details

9 week programme, once a week
7 sessions of CST and pre/post assessments on week 1 and 9 which will involve you and a family member/carer meeting with the Occupational Therapist
Some information will be gathered and you will also have a chance to ask questions.

On the day

10:30 - arrive and meet other group members. Refreshments and light snacks will be offered.

11:15-12:15 - attend the CST group

12:30 - finish and return home

**As this is not a medical service, please do not attend if you are unwell and visit your GP. Please contact the secretary on (01)4068840 if you cannot attend.

Service development

We will be collecting information to allow us to evaluate and improve our service. If you have any queries or concerns about this, please let us know.

