



- **What they are / what is Cognitive Stimulation Therapy (CST)**

CST is an evidence-based therapy for people with memory problems. It consists of a programme of 14 themed sessions. The sessions aim to actively stimulate and engage people with cognitive decline while providing them with the social benefits of a group.

- **Examples of activities completed in a session**

The sessions incorporate a range of fun and social talking activities which work the different functions of the brain. These include reminiscence, creative and practical activities, discussions focussed on opinions and not on facts, cognitive games such as word or number games, physical games, and orientation using seasonal activities and observations.

- **How many sessions you recommend, etc**

We recommend 14 or more sessions, ideally two a week, and after this there is the option to continue with longer term or 'maintenance CST' sessions.

**Benefits:**

- improving memory and thinking skills, especially around recognition and use of words and numbers
- aids recall and concentration skills
- encouraging new ideas, thoughts and associations
- great for social and communication skills and increased confidence through connecting with others
- involvement and inclusion to help alleviate feelings of isolation
- increased wellbeing through fun and enjoyable activities
- person-centred - our sessions will always take into account the interests, history, skills and abilities of the individual and all group members
- The sessions are based on implicit learning - which generally means the cognitive benefits happens without people noticing

We all know how important talking, interacting and connecting with other people is. For those who are living with memory problems, talking, socialising and interacting with others is more than just good for the soul, it's good for the brain too. Like any muscle the brain needs exercise which helps to delay cognitive decline and reaps benefits in terms of mental health and increased wellbeing.