



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



# Cognitive Stimulation Therapy Information Sheet



Thank you for interest in our Cognitive Stimulation Therapy Sessions

**Please see below information on the sessions:**

### **What is Cognitive Stimulation Therapy?**

Cognitive Stimulation Therapy, CST, is (according to The Alzheimer Society of Ireland) an evidence-based group intervention for people with mild to moderate dementia. Cognitive Stimulation Therapy involves meeting once per week for 7 weeks to engage in a structured themed activity. The aim of CST is to engage and actively stimulate people living with dementia with the added social benefits of being in a group.

Each session has a different topic such as music, food, being creative or word games but the format of each session is the same, following a specific structure in terms of the participants, facilitators, time and place. The sessions focus on activities which encourage participants to share their opinions rather than requiring them to 'know' information or facts.

CST targets cognitive and social functioning of people with mild to moderate dementia, meaning that it aims to improve and stimulate their memory, thinking and language skills as well as having a social element. The aim is to deliver the sessions in a fun and relaxed environment which help to strengthen people's abilities and help them to feel socially connected and supported.

All participants will need **a formal diagnosis of dementia**. You will be asked for documentation regarding the diagnosis.

A staff nurse will meet each participant before the sessions starts. This will be organized as soon as you have completed the form.

### **Where will the sessions be on?**

LexIcon Library and Cultural Centre (Queen's Rd, Dún Laoghaire, Dublin)  
Meeting Room 1 Level 3

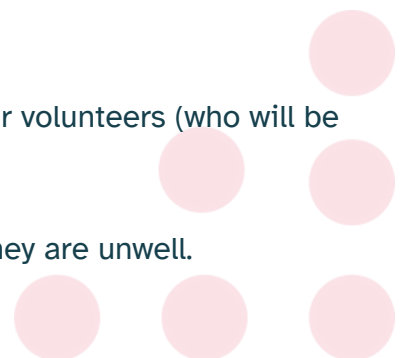
You can go straight to the room. There is no need to check-in with library staff.

### **Who will be at the sessions?**

There will 8 people living with Dementia in each session. Family members are not required to stay in the room with the person living with dementia but are asked to stay close by (there is a café in the library).

There will be a staff nurse present (Stephanie) and some of our volunteers (who will be able to direct anyone to the bathroom).

We kindly ask that the person does not attend the session if they are unwell.



### Some extra information about the sessions

- The sessions are free of charge.
- Tea and coffee will be served at 11:00 before each session. We invite family members / carers to join us for this if you would like to do so. There will also be a break at 12:15
- If it is deemed that the person is unsuitable to continue to attend the sessions, we will discuss this with you.
- We will ask that the person completes a survey prior to the commencing the sessions and again on completion.
- We will also maintain a progress report on the person after each session to determine how they are engaging with the content and if they are benefiting from it.

### When are the sessions taking place?

- 11:00am-13:00pm
- Every Friday for 7 weeks (below are the dates):
  - 20th September
  - 27th September
  - 4th October
  - 11th October
  - 18th October
  - 25th October
  - 8th November
- The above dates may be subject to change. In the event that a session cannot take place, additional activities will be organised the following week. You will be notified of this in advance.

#### Contact us!

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