

Veterans Cognitive Stimulation Therapy



Specifically recommended to improve memory skills and thinking for individuals living with mild to moderate dementia.

We are offering small groups of Cognitive Stimulation Therapy to veterans living with mild to moderate dementia living in Morecambe. Our sessions are designed to stimulate and engage those attending, increase confidence and enhance their quality of life.

For more information contact:

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What is Cognitive Stimulation Therapy (CST)?

CST is the only non-clinical intervention recommended by the UK Government National Institute for Health and Care Excellence (NICE) on the management of dementia, irrespective of drug treatments received.

What happens in a CST session?

Each weekly session will last 2 hours and includes a planned programme of activities that help stimulate thinking, memory and connection to others, including creative, musical, physical activities, topical discussions and word/number games.

There will be a maximum of 8 people in each group, who will remain together for the 12 week duration of the programme. This allows people to get to know those in their group, and form friendships with each other.



What are the benefits of CST?

- Improves the memory and thinking skills of most participants with mild to moderate dementia.
- Participants who took part in CST have said there was an improvement in their daily quality of life.
- Helps participants and their carers live well with dementia.
- Enables people to share their thoughts and feelings in a peer supportive environment.
- Provides respite for carers.

