

Information for referrers

We welcome all clinicians to consider this group as an intervention to help people to understand more about their diagnosis and receive additional support to help them manage.

If CST will be helpful to your patients, then please refer them via email to Susan.Stones@swyt.nhs.uk.



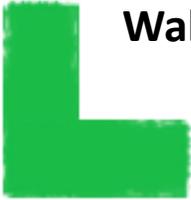
YOUR feedback is important

If you would like to comment, compliment or complain about the services provided by SWYT, please ask a member of staff for more information or contact customer services on **0800 587 2108**.

This information is available in various formats on request (braille, large print, audio, or in other languages); contact **freephone 0800 587 2108**.



Cognitive Stimulation Therapy (CST)



Wakefield Memory Service
Information leaflet

What is CST?

CST is an evidence-based group programme for people living with mild to moderate dementia.

What will attending CST involve?

- Usually 6-8 people attend the group.
- It is facilitated by 2 healthcare professionals working in the Memory Clinic.
- The programme runs weekly, for 2 hours (with a short break) for a total of 7 sessions.
- The same people will attend the programme consistently so relationships can be formed.
- Each session will consist of different themes including:



- Sounds
- Childhood
- Current Affairs
- Word Games
- Team Quiz
- Number games



- The programme enables individuals to develop relationships and share experiences with people who have similar difficulties.

How can CST help?

Research suggests CST is just as effective as drugs administered to people living with dementia. Research indicates individuals who attend CST demonstrate improved memory during memory assessments and other abilities (e.g., confidence).

What happens after CST?

Advice will be provided on how to maintain the skills covered during the group. Information will also be provided on other support services available for people living with dementia.



Who can I contact for further information?

If you have any questions, or wish to discuss the CST programme further, please contact us on:
01924 316949.

FAQ's:

What are the benefits of attending a CST group?

The CST group provides a supportive space to meet other people with similar experiences. If you are feeling worried or anxious about attending, this is ok and very normal! We would be very happy to discuss any concerns you may have before the group starts. The group is intended to be fun, enjoyable and interactive.

What if I don't want to talk about something?



This is okay, you will never be forced to share something you do not feel comfortable talking about.

What if it doesn't help me?

Just like medication, CST may not work for everyone. It is important to recognise that we are all unique and what might work for one person may not work for another person.

I am interested in attending – what is the next step?

Your Memory Nurse or Memory Doctor can refer you. You will then be added to the waiting list and will be contacted when a space becomes available.

What if I can't attend a session one week?

Please let a member of staff know as soon as possible.