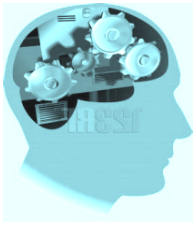


Mind Matters

A therapy group for individuals experiencing dementia



What is Cognitive Stimulation Therapy?

CST, or 'Cognitive Stimulation Therapy', is an evidenced based treatment for people with mild to moderate dementia. CST aims to give people with cognitive impairment a chance to

- **learn**
- **strengthen their existing cognitive resources**
- **function at their maximum capacity.**

Originating in the UK, and now being used in New Zealand, CST was designed following extensive evaluation of research evidence.

“Sessions aim to actively stimulate and engage people with dementia, whilst providing an optimal learning environment and the social benefits of a group.”

CST is the only non-pharmacological intervention to be recommended for cognitive symptoms and maintenance of function.

Research suggests that for larger improvements in cognition, CST is equally effective as some cognition enhancing drugs. CST also led to significant improvements in quality of life, as rated by participants.

Interested in finding out more about CST? Please follow the link below.

<http://www.cstdementia.com>

Who is it for?

In order for people to gain a benefit from this therapy, they must have:

- **a diagnosis of dementia**
- **a MMSE between 20-30**
- **adequate vision & hearing for group participation**
- **the ability to communicate within a group setting without additional supports**

What Happens?

On referral, all clients undergo an assessment involving:

- **Initial interviews with client and carer by allied health and nursing staff**
- **Evaluation with COGNISTAT** (neurobehavioural cognitive status examination)
- **DEMQOL** Quality of Life assessment tool for clients and carers

The program runs twice weekly for a period of 7 weeks and will be run by the Aged & Community Program's Diversional Therapy team. An ongoing group will run monthly after this initial 7 week period.

Maintenance of cognitive function is achieved unconsciously. In a **fun filled** and **sociable** way! The group is small and structured, with a focus on implicit rather than explicit learning, reducing anxiety and promoting confidence

Sessions include:

- Physical games
- Current affair discussions
- Creative activities
- Word games
- Money management
- Team quizzes and many more fun activities.

The opportunity also exists for family caregiver education and support. This will be determined at the time the membership of the group is determined and the needs are assessed.

Does the client have a diagnosis of Dementia or Alzheimer's Disease?

↓ YES / NO →

Is the clients MMSE score between the ranges 20-30?

↓ YES / NO →

Does the client have moderate → severe visual or hearing impairment?

↓ NO / YES →

Is the client able to communicate within a group setting without additional supports?

↓ YES / NO →

Not all clients will be suitable for the Cognitive Stimulation Therapy Group.

However...

On an individual basis the A&CCP *is able to offer* clients and their carers:

- Psychosocial support
- Education and information
- Links to resources and community supports
- Short-term care coordination
- Ongoing input as the needs change

Please complete referral below for CST group and send to: A&CCP

Fax: 97000000

Email GDCHSAged&Community@southernhealth.org.au

Telephone enquiries to: 9792 7912

		M / F	DOB: / /	Age
Address				
Contact Details:		Preferred language other than English?		
Communication difficulties? Please specify				
Caregiver Name:				
Contact Details:				
Diagnosis	Who made the diagnosis ? When?			
MMSE Score:	Date of MMSE:			
Medical History	G.P. name:			
	Address:			
	Contact details			
Social History & Independence				
Other Services Involved :				
Referred by:		Relationship to client:		
Contact details:		Date		