

Patient Information Leaflet

Cognitive Stimulation Therapy Groups (CST)

Produced by:
Memory Service

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফিে ন ইংরেজিকথা কডে জিজ্ঞাসা করুন এবং সাহায্য করুন

What is Cognitive Stimulation Therapy?

Cognitive Stimulation Therapy (CST) is an evidence-based group treatment for people with mild to moderate dementia, or other cognitive impairments. It is delivered by skilled nurse practitioners, who specialise in dementia. CST consists of 16 sessions of themed activities. A typical session would involve an informal introduction, a chat about current news stories and a programme of activities arranged around a particular theme.

CST is recommended by UK government NICE guidelines as a treatment for people with dementia.

CST aims to engage and stimulate people in a friendly and enjoyable group setting. Research into CST shows that it improves thinking abilities, as well as general wellbeing.

Who is Cognitive Stimulation Therapy for?

CST is for people who have a diagnosis of mild to moderate dementia. It is part of the care pathway within the Memory Service. If you have been referred to the Memory Service and have received a diagnosis of dementia from the Consultant Psychiatrist, you will receive a post-diagnostic appointment with a nurse. CST is the next step for those looking to improve their memory, thinking abilities and quality of life, in a positive and supportive environment.

What Service Users say:

"I really enjoy coming to the group, we have so much fun."

"The group has helped improve my confidence. It's great!!!"

"It has been fun...I'm sure my confidence has improved."

"Since I started coming I feel my memory has improved."

"I feel the group is very good for me and I enjoy meeting other people."

"The group helps to keep me focused and I enjoy coming very much."

What can I expect from the group?

CST is a programmed intervention of 16 Sessions. Each session lasts for 2 hours and includes a wide variety of themed activities. The sessions are facilitated by 2 experienced members of staff from the memory Service. The activities are chosen to be both stimulating and fun.

An important aspect of the group is being able to socialise and share experiences with other members. Everybody is encouraged to participate but nobody is put on the spot. The groups are relaxed, light-hearted and fun, and group members support each other to cope with memory loss. CST groups will consist of a maximum of 8 people.

Refreshments are available at the group at a cost of £1 per cup of tea or coffee.

All CST sessions are evidence-based, focussing on strengthening and maintaining:

- Orientation
- Short and long term memory
- Hearing/sight
- Focus/attention/concentration
- Understanding/recognition/language
- Problem solving/reasoning abilities
- Language skills/visual and spatial skills

What happens at the end of my treatment programme?

At the end of the 16 session treatment programme you may wish to continue in one of the community groups run by voluntary organisations. This will be discussed with you towards the end of the 16 sessions and will include representatives from these organisations

You may be eligible for assistance with funding through a Personal Budget. To request further information regarding An Adult Social Care Assessment please request assistance from one of the Memory Service staff who will be happy to advise you.

Location and Transport

CST groups will be held at: 2 venues

The Riverside Centre. The Quay, Newport

The Riverside Centre is open from 10am until late for tea/coffee, so you are welcome to stay and socialise after CST sessions if you wish. Food is also available to purchase,

16 sessions run over 8 weeks. (Two sessions a week)

You will be expected to make your own transport arrangements to the group.

Free parking is available at the Riverside Centre. Users of the facility are asked to sign in with their car registration number on arrival.

The Adelaide Ryde

16 Sessions run over 16 weeks

Depending on your circumstances, you may be entitled to help with your travel costs to the venue.

Booking is always advisable.

For information on the Optio volunteer driver scheme please call: **(01983) 524058**

Further Information

If you have any further queries, or for more information, please contact:

Memory Service

South Block

St Marys Hospital

Newport

Isle of Wight

PO30 5TG

Telephone: **(01983) 822099**

If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.