



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on Cognitive Stimulation Therapy

Cognitive Stimulation Therapy is an intervention for people with dementia that offers a range of enjoyable, fun, activities providing general stimulation for thinking, concentration and memory, in a small group. It is aimed at general enhancement of cognitive and social functioning.

The National Institute for Health and Clinical Excellence (NICE) recommends that people with mild-to-moderate dementia of all types should be given the opportunity to participate in a structured group cognitive stimulation programme.

The therapy consists of an individual assessment followed by a series of eight group sessions normally lasting between 1 ½-2 hours. Carers are usually required to attend each session and are supported to continue CST outside the group sessions.

Sessions include What's in the news, Me and my family, Holidays and travels, Food, Music, Art and creativity and Games.

Benefits gained from CST:

For Clients:-

Happiness 29% increase
Wellbeing 26% increase
Interest 26% increase
Optimism 30% increase

For Carers:-

Happiness 36% increase
Wellbeing 5% increase
Interest 31% increase
Optimism 45% increase
Confidence 22% increase

The insight from those who have attended this service was collated and anonymised and forms part of the insight and evidence that Healthwatch gather to identify common themes around what works and doesn't work for local people.

This insight is used to influence services development and can feed into:

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- The developing Integrated Care System for Sussex

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS70 10 year forward plan.

To learn more about the work of CST:

Contact Mike and Helen Dixon, sussexcst@btinternet.com or 07956 001279.



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email helpdesk@healthwatchwestsussex.co.uk,

Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Co-ordinator, email: cheryl.berry@healthwatchwestsussex.co.uk