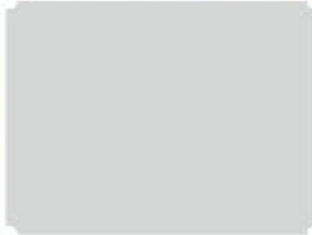
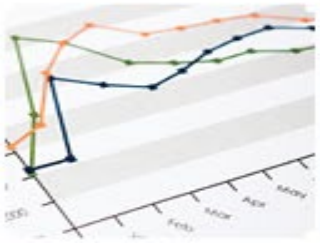
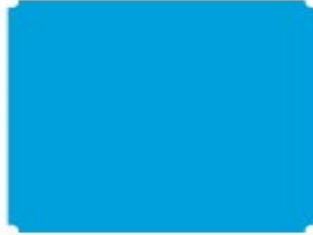


Sensory and Cognitive Stimulation Therapy



Cognitive Stimulation Therapy

- Evidence based
- Group Intervention for mild to moderate dementia residents
- Actively stimulating and engaging
- Providing Optimal learning environment
- Social benefits of a group or one-on-one interactions
- Aim is to improve cognitive functioning using techniques that exercise different cognitive skills
 - Reminiscence Therapy (Manenti & Zanetti, 2012)
 - Validation Therapy (Neal & Barton Wright, 2003)
 - Multi-Sensory Stimulation (Ball & Haight, 2005)

If you know one person with Dementia..... You know one person with Dementia

Activity

- Positive Reinforcement- questioning, thinking, interacting with objects
 - Social Environment- Positive – Stimulating - Belonging
 - Improves confidence and self- esteem
 - Improved Quality of Life
- Benefits Mostly Females over the age of 80yrs.

CST session themes

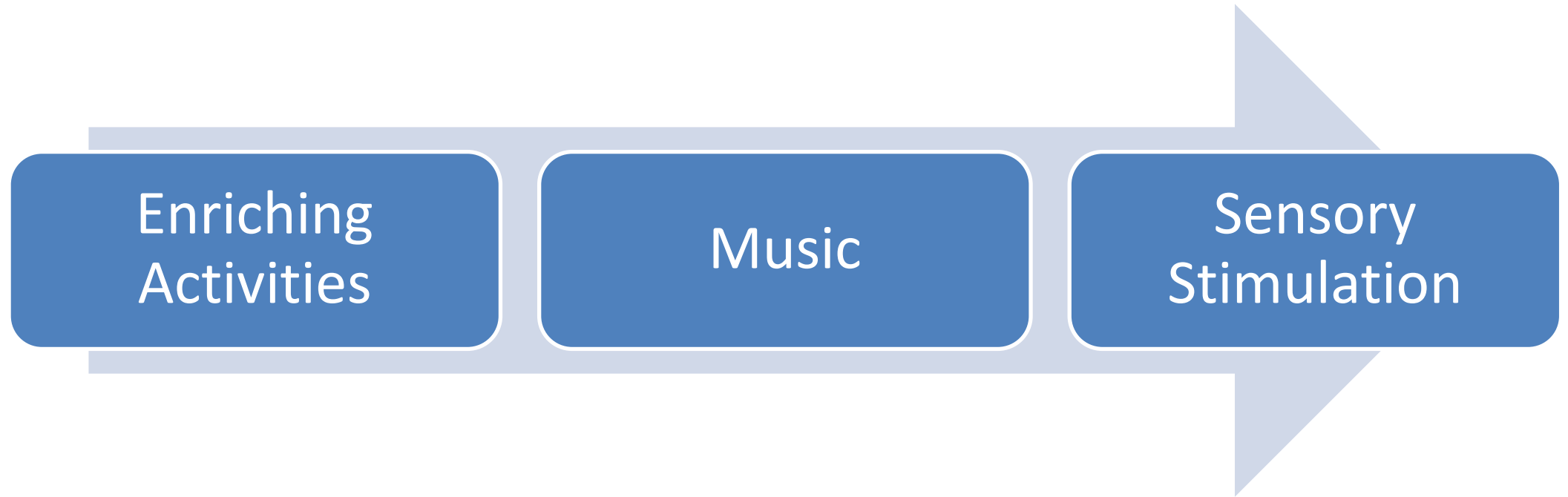
Physical games	Being creative
Sound	Categorizing objects
Childhood	Orientation
Food	Using money
Current Affairs	Number games
Faces / Scenes	Word games
Word Association	Team quiz



Session Structure

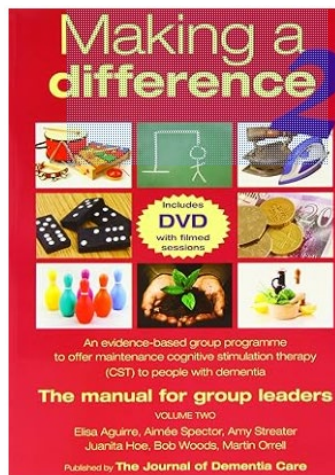


CST Activities



What Activity ideas do you have?

- Legos
- Color Block Organizing
- Where's Waldo
- Music Interaction- Cake Walk design
- Light Tube
- Would you Rather
- Sing Along – You are my sunshine, I get by with a little help from my friends



Sensory Rooms Can be low cost



Things for a Sensory Room





Eagles' sensory room at Lincoln Financial Field undergoes makeover

EAGLES AUTISM FOUNDATION



Watch later



Share



CBS NEWS
PHILADELPHIA

EAGLES SENSORY ROOM GETS A MAKEOVER
LINCOLN FINANCIAL FIELD



[Philadelphia Eagles Sensory Room](#)

References

ATSU Area health Education centers program- A.T. Still
University- Kirksville College of Osteopathic Medicine

Cognitive Stimulation Therapy: University College London
cstdementia.com

International CST Training Center

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