

OI Request: Dementia - Group Cognitive Stimulation
Our Reference Number: 1314216

1) What type of structured group cognitive stimulation programme does your CCG offer?

All Memory Assessment Services have access to cognitive stimulation groups for their clients. Typically the groups operate for the proposed twice weekly 45minute sessions although can be adapted to better meet clients' needs as required (e.g., the Brentwood group differs slightly from the manual guideline in that it last for two hours once a week instead of the proposed twice weekly 45 minute sessions). The group includes all the key elements (e.g., reality orientation, reminiscence therapy, cognitive rehabilitation, validation therapy and stimulation of the senses) as advised and is supplemented by some gentle seated exercises.

X 1 Group for those with a mild level of impairment or MCI – 8 participants usually

X 1 Group for those with a moderate level of impairment – 5 participants usually

How long does the course last?

The courses run for between 12-14 weeks.

Who is it run by?

The groups are facilitated by a mixture of associate practitioners, speech and language therapist, Occupational Therapist, psychologists and nurses all of whom have attended the appropriate training course to deliver this.

2) What % of people with dementia in your CCG are offered the chance to participate in a structured group cognitive stimulation programme.

Cognitive stimulation therapy is offered to all clients within the memory service who the multidisciplinary team have identified would benefit from this therapy.

3) What % of these people accept the offered place?

85 – 90% take up on offered places across all SEPT MAS on the cognitive stimulation therapy course with a minimal dropout rate (currently 0%) after the first week for non-medical reasons.

The clients complete a cognitive assessment on their first session and then at again in the final session. In our most recent group 7 out of 8 showed improvement cognitive functioning and all reported improvements in their quality of life. This was supported by verbal feedback from their family/carers.