

For more information contact

Later Life and Memory Service

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Tel: **01744 646 833 / 01744 646 324**

Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our **Patient Advice and Liaison Service (PALS) and Complaints Team**

Telephone: **0151 471 2377**

Freephone: **0800 328 2941**

Email: palsandcomplaints@merseycare.nhs.uk

To request this leaflet in an alternative format or language, please speak to a member of staff.

Mersey Care NHS Foundation Trust

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Mersey Care
NHS Foundation Trust

Community and Mental Health Services

Later life and memory service

Cognitive stimulation group

merseycare.nhs.uk

Cognitive stimulation group

Cognitive stimulation is an activity based therapy that aims to stimulate an individual's thinking and memory through the use of reality orientation and reminiscence.

Cognitive stimulation is based on extensive research evidence and is recommended in the NICE Guidelines (2006) as the only non drug related treatment for people with memory problems. (www.cstdementia.com/effectiveness.php)



Aims of the group

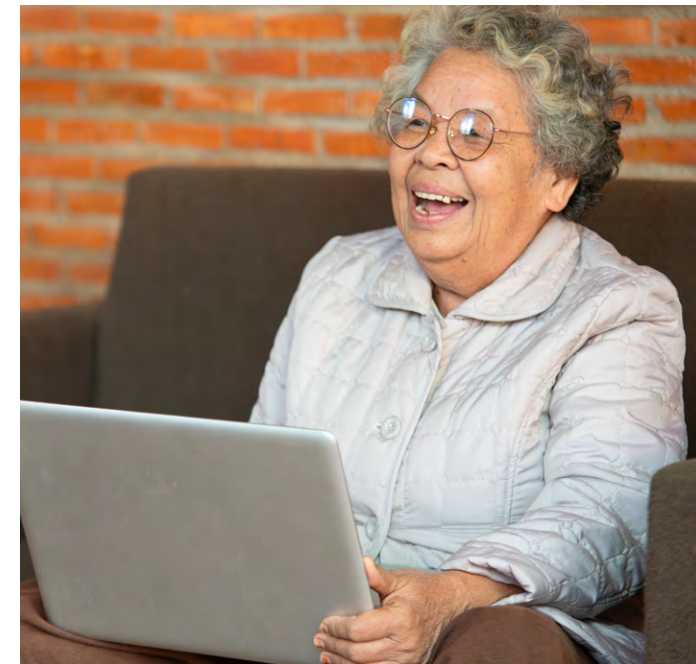
There are a few reasons as to why you are experiencing memory problems.

These could include:

- To improve and maintain your cognitive functioning and abilities
- To improve your quality of life
- To share experiences and be supportive of others in similar situations to yourself and meet new people
- To advise on how to remain active and independent, and the importance of engaging in stimulating activities
- To help boost your confidence, mood, concentration and self-esteem.

What happens next?

You may be referred to attend the group by your Consultant Psychiatrist or another health care professional if you have received a diagnosis of dementia



How it works

This group is held in a relaxed, informal setting within the hospital and contains a variety of games, activities and educational tasks that stimulate your memory.

The group is held over seven weeks with two, one and a half hour sessions each week, **Monday and Wednesday 3pm to 4.30pm.**

The sessions will take place at The O'Hanlon Centre, at Peasley Cross Hospital.

You will be invited to attend by letter and it would help us if you could confirm that you are coming along.

We look forward to meeting you soon.