

Cognitive Stimulation Therapy (CST)



SAINT LOUIS
UNIVERSITY™

CST is a treatment for people with mild to moderate dementia. This therapy has been shown to improve cognitive function, decrease depression and improve overall quality of life. Each group session is centered on a theme and participants can share their thoughts and opinions, reminisce and complete cognitive tasks. Some of these activities include current affairs, childhood games, music, famous people, scenery, categorization, and using money.

Target Audience includes those with:

- ❖ Mild to moderate dementia
- ❖ Ability to communicate verbally in a group setting

Considerations for those that may NOT benefit from this group:

- ❖ Severe hearing or visual impairment
- ❖ Agitation limiting participation
- ❖ Severe health problems resulting in limited attendance



This treatment is a 7 week group, offered twice a week for 45 minutes. Groups are limited to 5-8 participants. Following the initial 7 weeks, participants may continue once a week for maintenance if desired. These sessions will be conducted by speech-language pathology graduate students under supervision by a licensed speech-language pathologist from Saint Louis University.

Location:

- ❖ Saint Louis University's Speech-Language-Hearing Clinic
- ❖ McGannon Hall - 3750 Lindell Blvd., Lower Level – Saint Louis, MO 63108

When:

- ❖ Mondays and Wednesdays from 1:00-1:50
- ❖ September 10th - October 24th, 2018
- ❖ Maintenance sessions may be available once a week from October 29th - December 3th

Cost:

- ❖ \$70 per Semester (September – December)
- ❖ Fee scale reduced if in financial need (documentation required)

Questions:

- ❖ Call our clinic administrator, Kellie Dalton, at 314-977-3365