

## Cognitive stimulation therapy for dementia

**Cognitive stimulation therapy is a structured treatment for people living with mild to moderate dementia. AQ run group activities to help boost cognition and quality of life.**



[alzheimeronline.org](http://alzheimeronline.org)

## About CST at AQ

- ✓ Once a week, block of 10 sessions
- ✓ Approximately 1 hour
- ✓ Run by AQ's Occupational Therapist

## Types of Activities in AQ's CST Group

- ✓ Word association games
- ✓ Reminiscence sessions
- ✓ Discussion of current events
- ✓ Picture-based activities
- ✓ Creative arts
- ✓ Physical exercises
- ✓ Cooking or baking activities
- ✓ Name that tune

For more information contact:  
07 3422 3000 or  
[intaketeam@alzqld.org.au](mailto:intaketeam@alzqld.org.au)

## Session Times and Cost:

**CHSP Clients: \$10 per session**

**AQ HCP Clients: \$30**

If you're interested, please register at your local centre below:

### McNally House

Level 3, 33 Tryon Street,  
Upper Mount Gravatt

**Thursday morning 9.30-10:30am**

**New sessions starting soon;  
please call 07 3422 3000 to  
register your interest for:**

### Gordon Park Multi Service Centre

45 Shamrock Street, Gordon Park

### Ipswich Multi Service Centre

85 Chermide Rd, Ipswich



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