



Cognitive Stimulation Therapy (CST) Classes

Designed to support cognition and quality of life for people living with mild to moderate dementia:

- ✓ One-hour sessions over ten weeks
- ✓ Delivered by AQ Health's occupational therapists
- ✓ Featuring word association, reminiscence, current events discussion, creative arts, physical exercise, and more.



AQ Health keeping you well and able longer with:

Wellness & Reablement Programs

- ✔ Music Therapy program
- ✔ Cognitive Stimulation Therapy classes
- ✔ Get Up & Stay Falls Prevention program
- ✔ Small Group Exercise classes
- ✔ Parkinson's Warrior program
- ✔ Carer Wellness program.

Allied Health Specialist Services

- ✔ Physiotherapy, exercise physiology, occupational therapy, music therapy, and more
- ✔ Orthopaedic rehabilitation
- ✔ Pain management
- ✔ Falls prevention
- ✔ Hydrotherapy
- ✔ Memory screening and cognitive assessments
- ✔ Home modification assessments and assistive aid prescriptions (i.e., walkers, wheelchairs).

Programs and services can be accessed under government CHSP, HCP, and CDM programs. You can also pay for AQ services privately.

