



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
- ✔ EngAGE small group exercise
- ✔ PowerPD – Parkinson's Wellness program
- ✔ Carer Wellness program.
- ✔ Balance and Bend small group exercise

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).
- ✔ COPE therapy

For session availability and fees please contact our clinics. Private health rebates or CHSP, HCP and CDM subsidies available on all services.

