AQ HEALTH

Cognitive Stimulation Therapy (CST)

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

- Delivered by AQ Health's occupational therapists.
- Featuring word association, reminiscence, current events discussion, creative arts, physical exercise, and more.
- Sessions are provided weekly, for approximately 1 hour.
- The program is designed to initially run across 10 sessions, with the option to continue with "maintenance" sessions.
- Structured Cognitive Stimulation Therapy may improve cognition, quality of life, mood, social communication, and confidence in people with mild to moderate dementia.



1800 692 743 | aqhealth.org.au

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, SaH and CDM subsidies available on all services.

