

Maintenance Cognitive Stimulation Therapy

WELLBEING SERVICES



For more information please contact us:

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What is Maintenance Cognitive Stimulation Therapy?

Maintenance Cognitive Stimulation Therapy (MCST) is an evidence based group treatment for people with mild to moderate dementia.

MCST consists of 12 weekly sessions of themed activities. A typical session would involve an informal introduction, a chat about current news stories and a programme of activities arranged around a particular theme.

MCST is recommended as a treatment for people with dementia by the National Institute for Health and Clinical Excellence (NICE).

MCST aims to engage and stimulate people in a friendly and enjoyable group setting. Research into MCST shows that it can improve thinking abilities, as well as general well-being.

Who is Maintenance Cognitive Stimulation Therapy for?

MCST is recommended for people who have a diagnosis of mild to moderate dementia. If you have been referred to the Memory Service and have received a diagnosis of dementia from a psychiatrist, you will receive a post-diagnostic appointment with a nurse. MCST is a potential next step for those looking to improve their memory, thinking abilities and quality of life, in a positive and supportive environment.

What patients say:

“I really enjoy coming to the group, we have so much fun.”

“The group has helped improve my confidence. It’s great!!!”

“It has been fun...I’m sure my confidence has improved.”

“Since I started coming I feel my memory has improved.”

“I feel the group is very good for me and I enjoy meeting other people.”

“The group helps to keep me focused and I enjoy coming very much.”

What can I expect from the group?

Each weekly session lasts two hours and includes a wide variety of themed activities. The sessions are facilitated by experienced Age UK members of staff who have been trained to deliver MCST.

The activities are chosen to be both stimulating and fun. An important aspect of the group is being able to socialise and share experiences with other members.

Everybody is encouraged to participate but nobody is “put on the spot”. The groups are relaxed, light-hearted and fun, and group members support each other to cope with memory loss. MCST groups consist of a maximum of 8 people.

Refreshments are available at the group.

All MCST sessions are evidence-based, focussing on strengthening and maintaining:

- Orientation
- Short and long-term memory
- Hearing / sight
- Focus / attention / concentration
- Understanding / recognition / language
- Problem solving / reasoning abilities
- Language skills / visual and spatial skills

How can I book a place on MCST?

For more information and to book a place call Age UK Leicester Shire & Rutland on 0116 222 0572 or 0116 299 2273.

MCST costs £8.00 per session payable on the day.

How can we help you?

Information & Advice [Open Monday to Friday, 11:00am - 4:00pm] **0116 299 2278**

A free and confidential service to assist with issues affecting your quality of life including: finances & welfare benefits; housing & property; leisure activities.

Day Care Services **0116 222 0572**

Social support in a community setting including care, entertainment and companionship, with optional transport if required.

Home Care **0116 299 2266**

Assistance with domestic tasks to make living at home that little easier to manage. Services include: food preparation; cleaning & ironing; shopping; collecting prescriptions; personal care; companionship.

Personal Assistants **0116 299 2266**

A flexible service to give you help with household management, getting out and about and to appointments.

Handyman & Gardening **0116 299 2266**

A 'no job too small' household maintenance service including: gardening; home security & safety; basic decorating; home maintenance.

Respite **0116 299 2266**

Fully trained Respite Workers offer carers a break from the stress and demands of caring for someone. We also offer dementia respite by workers experienced and trained in dementia care.

Befriending Services **0116 299 2233**

A free service offering regular visits or phone calls to people who are socially isolated or feel alone.

We are a local charity
with a national name
...giving local older people a voice