

Cognitive Interventions for People with Early-Stage Dementia in Ireland

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- Cognitive Rehabilitation (CR)

- Cognitive Stimulation Therapy (CST)

Cognitive Rehabilitation (CR)

- Individualised
(1:1)
- Goal-based
- Carer/family
involved



CR Sessions

- 2-3 personally relevant goals
- 8-10 sessions of 60-90 minutes.



CR Research



Sig.
Goal
performance
and goal
satisfaction

Some
evidence:
Improves
QoL-AD &
caregiver
QoL

SSD show
cognitive
benefits; no
RCT support

The CR Manual



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



THE ALZHEIMER
SOCIETY of IRELAND

STRATEGIES AND TECHNIQUES FOR COGNITIVE REHABILITATION

Manual for healthcare professionals
working with individuals with cognitive impairment

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Cognitive rehabilitation for early stage Alzheimer's disease: a pilot study with an Irish population

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Objectives. Research shows that cognitive rehabilitation (CR) has the potential to improve goal performance and enhance well-being for people with early stage Alzheimer's disease (AD). This single subject, multiple baseline design (MBD) research investigated the clinical efficacy of an 8-week individualised CR intervention for individuals with early stage AD.



Memory Technology
Resource Room

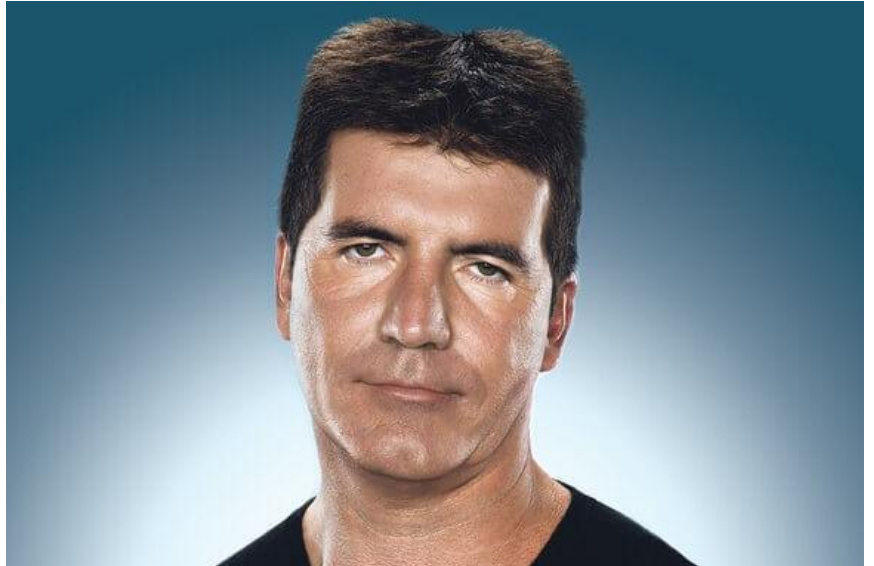
Cognitive Stimulation Therapy (CST)

- CST is an evidence-based group intervention for people with mild-moderate dementia

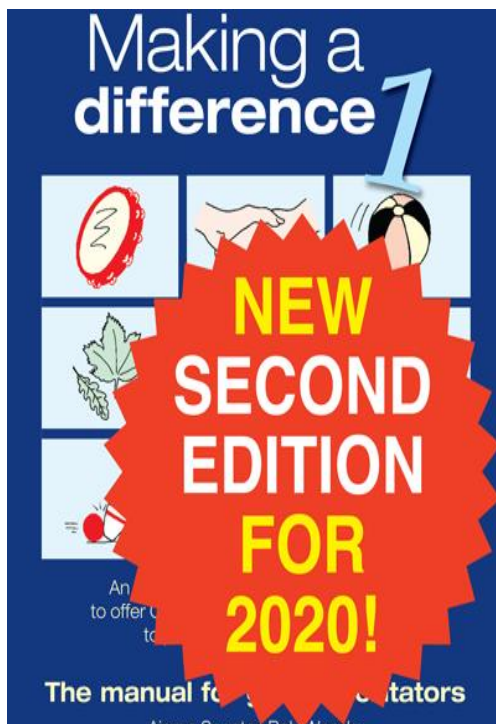


- 14 sessions across 7 weeks; actively stimulates and engages people in an optimal learning environment with the benefits of a social group

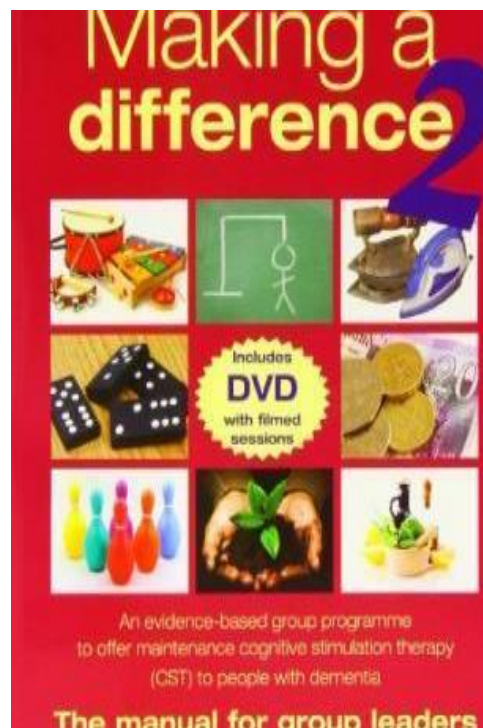
Example of a CST Activity



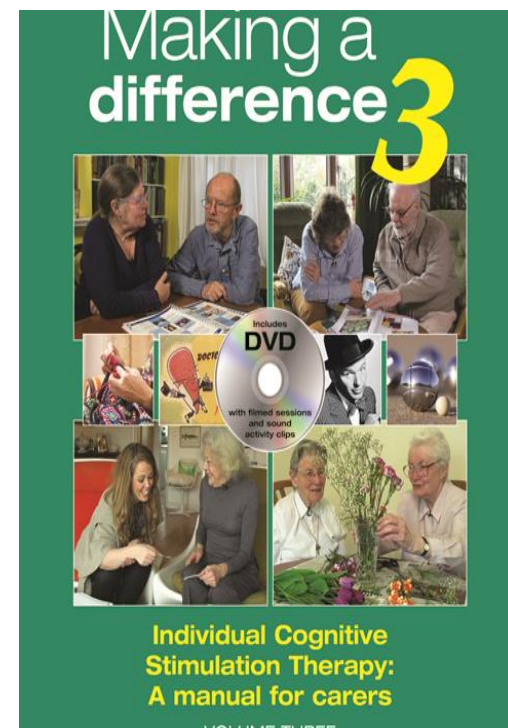
- Focus on opinions rather than facts.
- Promote reminiscence & new learning.



14-session CST



Maintenance CST



Individual CST

The Manuals

CST Research



Sig.
Cognitive
function
(MMSE,
ADAS-
Cog), QoL



No impact
on
Functional
ability,
depression
anxiety



Compared to
**cholinesterase
inhibitors**; as
effective/ more
effective²

An evaluation of community-based cognitive stimulation therapy: a pilot study with an Irish population of people with dementia

M. E. Kelly*, S. Finan, M. Lawless, N. Scully, J. Fitzpatrick, M. Quigley, F. Tyrrell, A. O'Regan and A. Devane



CST Next Steps

- The most evidence based and widely recommended intervention in the world.
- Accredited CST trainer with the International CST centre in UCL; training demand increasing.
- Upcoming Research: examine reasons for 'implementation gap'.



THANK
You! 😊

Selected References

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