Cognitive Stimulation Therapy (CST)

Cognitive Stimulation Therapy (CST) is a structured group programme specifically designed for people with mild to moderate dementia.

The programme runs twice a week for seven weeks and includes activities tailored to the interests of the group.

CST is an internationally renowned programme that has been shown to:

- Improve mood
- Improve memory
- Improve quality of life

But the part of CST people enjoy the most is the connections and friendships they make with others who are in the same situation.

It is a place people feel safe to be themselves.

Contact us:

Dunedin: Community House

283-301 Moray Place

Dunedin

Phone: (03) 471 6154

Email: admin@alzheimersotago.org.nz

North Otago: 27 Coquet Street

Oamaru

Phone: (03) 434 9090

027 441 4022

Email: north@alzheimersotago.org.nz

Central Otago: Community House

14-20 Centennial Avenue

Alexandra

Phone: (03) 448 9056

027 441 4077

Email: central@alzheimersotago.org.nz

Queenstown Lakes:

Suite 129c

Aurum House, Frankton

Queenstown

Phone: (03) 441 4955

027 441 4960

Email: queenstown@alzheimersotago.org.nz



"I am still me"

About us

Alzheimers Otago is a charity with the vision of creating a Dementia Friendly Otago.

We offer services and programmes for people with dementia and their carers across Otago, including:

- Central Otago
- Queenstown Lakes
- North Otago
- Dunedin & South Otago

www.alzheimersotago.org.nz





We are here for you.

If you, or a loved one, are living with memory loss, cognitive decline, Alzheimers Disease or any type of dementia, we are here for you.

Contact us when:

- You need information
- You are feeling overwhelmed
- You are interested in activities & programmes for people with dementia
- You want help navigating the health system

A diagnosis it not required to access our services.

Our services are free and confidential.

How we can help

We are here to help you navigate your journey with dementia.

We can visit you at home, you can come into our offices, or we can meet you anywhere else that suits.

We provide:

- One on one support for care partners
- Carer Support Groups
- Coffee Groups
- Written Information
- Community Education
- Cognitive Stimulation Therapy
- Day Programmes (Wanaka & Queenstown)

We can also link you to other services that can help.

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