

AGING AND MENTAL HEALTH RESEARCH

Cognitive Stimulation Therapy for Dementia

History, Evolution and Internationalism

Edited by

Lauren A. Yates, Jen Yates, Martin Orrell,
Aimee Spector, and Bob Woods



Contents

<i>Preface</i>	vii
MARTIN ORRELL	
<i>Contributors</i>	ix

PART I

Overview of CST and related approaches **I**

1 Introduction	3
AIMEE SPECTOR	
2 Cognitive stimulation, training, and rehabilitation: the bigger picture	11
JAVIER OLAZARÁN AND RUBEN MUÑIZ	

PART II

The CST research findings **31**

3 CST: development process	33
BOB WOODS	
4 Group cognitive stimulation therapy: clinical trials	49
MARTIN ORRELL AND LENE THORGRIMSEN FORRESTER	
5 Individual cognitive stimulation therapy (iCST)	69
LAUREN A. YATES	
6 Cognitive stimulation therapy: implementation in practice	89
AMY STREATER	
7 Involving family carers in cognitive stimulation therapy	109
JENNY COVE	

PART III	
The CST process – how does it work?	129
8 People’s experiences of cognitive stimulation therapy: a qualitative understanding	131
PHUONG LEUNG	
9 Neuropsychological aspects of cognitive stimulation therapy	153
BRIDGET T.Y. LIU, ANTONY C.L. AU, AND GLORIA H.Y. WONG	
PART IV	
CST: an international perspective	175
10 Guidelines for adapting cognitive stimulation therapy to other cultures	177
ELISA AGUIRRE AND KATJA WERHEID	
11 Japan	195
KATSUO YAMANAKA, YUGO UEDA, AND CHIHIRO MATSUDA	
12 New Zealand	207
GARY CHEUNG AND KATHRYN PERI	
13 United States	217
JANICE LUNDY, DEBORAH HAYDEN, MARLA BERG-WEGER, DANIEL B. STEWART, AND JOHN E. MORLEY	
14 China	227
ZHAORUI LIU, YUEQIN HUANG, TAO LI, AND GUANGMING XU	
15 India	237
SRIDHAR VAITHESWARAN, MONISHA LAKSHMINARAYANAN, AND SHRUTI RAGHURAMAN	
16 Sub-Saharan Africa	253
STELLA-MARIA PADDICK, SARAH H. MKENDA, GODFREY MBOWE, ALOYCE KISOLI, WILLIAM K. GRAY, CATHERINE L. DOTCHIN, ADESOLA OGUNNIYI, JOHN KISSIMA, OLAIDE O. OLAKEHINDE, DECLARE L. MUSHI, AKEEM SIWOKU, BABATUNDE ADEDIRAN, AND RICHARD W. WALKER	