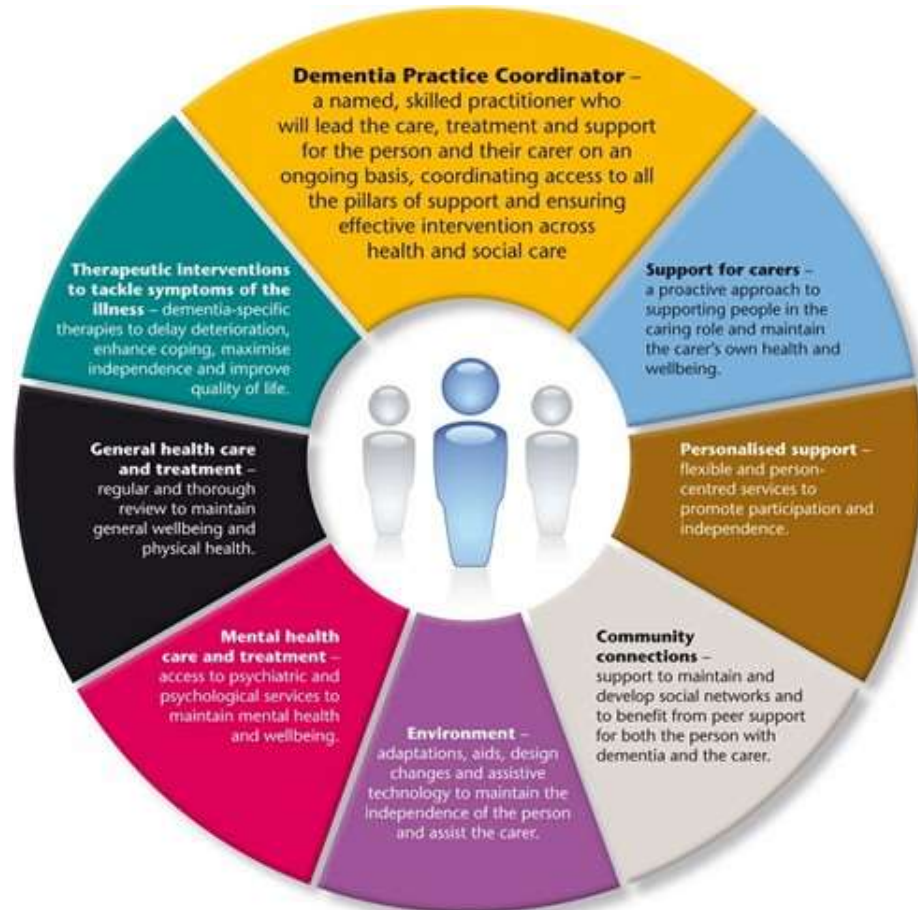


# 8 Pillars Test Site Report Out



# Management of Stress and Distress the Newcastle model

- Commissioned to provide support to staff in care homes struggling to meet the needs of their resident's presenting with behaviours that challenge (BC) in the context of a dementia and ultimately reduce admission to hospital.
- Offered to staff in day care and care homes
- Also offered to family carers but little to no interest in uptake

# CST, or 'Cognitive Stimulation Therapy'.

- CST is a brief treatment for people with mild to moderate dementia
- Group CST treatment involves 14 or more sessions of themed activities, which typically run twice weekly.
- Longer-term, or 'maintenance CST', is outlined in a published treatment manual.
- Sessions aim to actively stimulate and engage people with dementia, whilst providing an optimal learning environment and the social benefits of a group.
- The effects of CST appear to be of a comparable size to those reported with the currently available anti-dementia drugs
- More recently, a one-to-one individualised version of CST, known as iCST, has been supported by the steering group and will commence shortly, led by Dr Law and a SALT. Sessions follow similar themes and principles to group CST, and can be offered by family carers or health professionals

# Mental Health and Well being

- The steering group took a decision to also look at promoting mental well being along side treatments and interventions
- Examples of Therapeutic Interventions :
- DFC Hub – social connection and over coming loneliness
- Friends At Home - family support
- Otago / Tai Chi – low impact physical health promotion which led to improved feelings of well being
- Formal and informal links OT / Physiotherapy / Podiatry / Dietetics / SALT to raise awareness of their services, screen for issues and advise or sign post
- DFC Carer Support & Listening Ear – mental health support for carers stress was a key aim. The Group CST mentioned earlier was well received and the test of the individual CST will provide information using it in the home

