

Implementation of Cognitive Stimulation Therapy (CST) across Aotearoa New Zealand

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THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

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HEALTH SCIENCES**

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Cognitive stimulation



A form of 'mental exercise' developed specifically to help people with dementia



Involves a wide range of activities aiming to stimulate thinking and memory generally

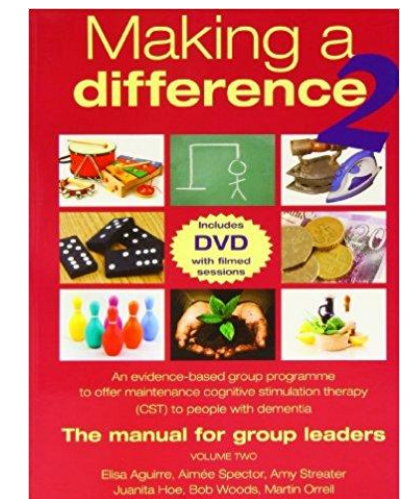
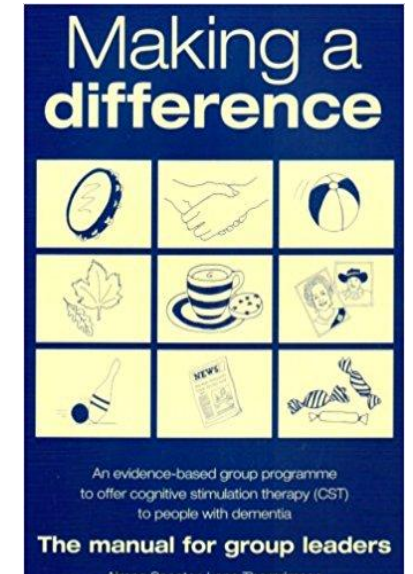


Including discussion of past and present events and topics of interest, word games, puzzles, music and creative practical activities.

Cognitive Stimulation Therapy

Spector et al. 2003; Aguirre et al, 2010

- ☐ A structured group treatment for people with **mild to moderate dementia**
- ☐ Theoretical concepts of reality orientation, validation, reminiscence, and cognitive stimulation
- ☐ Maximum number per group 7-8
- ☐ Sessions: 60 minutes, twice a week for 7 weeks
- ☐ Maintenance (optional) sessions once a week for 24 weeks
- ☐ Both community and residential care settings
- ☐ Delivered by 2 facilitators



CST: Evidence & Guidelines

- First RCT published in 2003
- World Alzheimer Report 2011 & 2023
- Cochrane Review 2012 & 2022
- NICE Guidelines
- Lancet commissioned report (Livingstone et al. 2017)
 - *“CST is the psychological approach with the strongest evidence for improving cognition.”*

POST-DIAGNOSTIC COMMUNITY SERVICES

FOR PEOPLE LIVING WITH DEMENTIA
IN AOTEAROA NEW ZEALAND

Croucher M, Chamberlain M, & Gee S.
Report prepared by the New Zealand Dementia Foundation
for Dementia New Zealand
October 2022



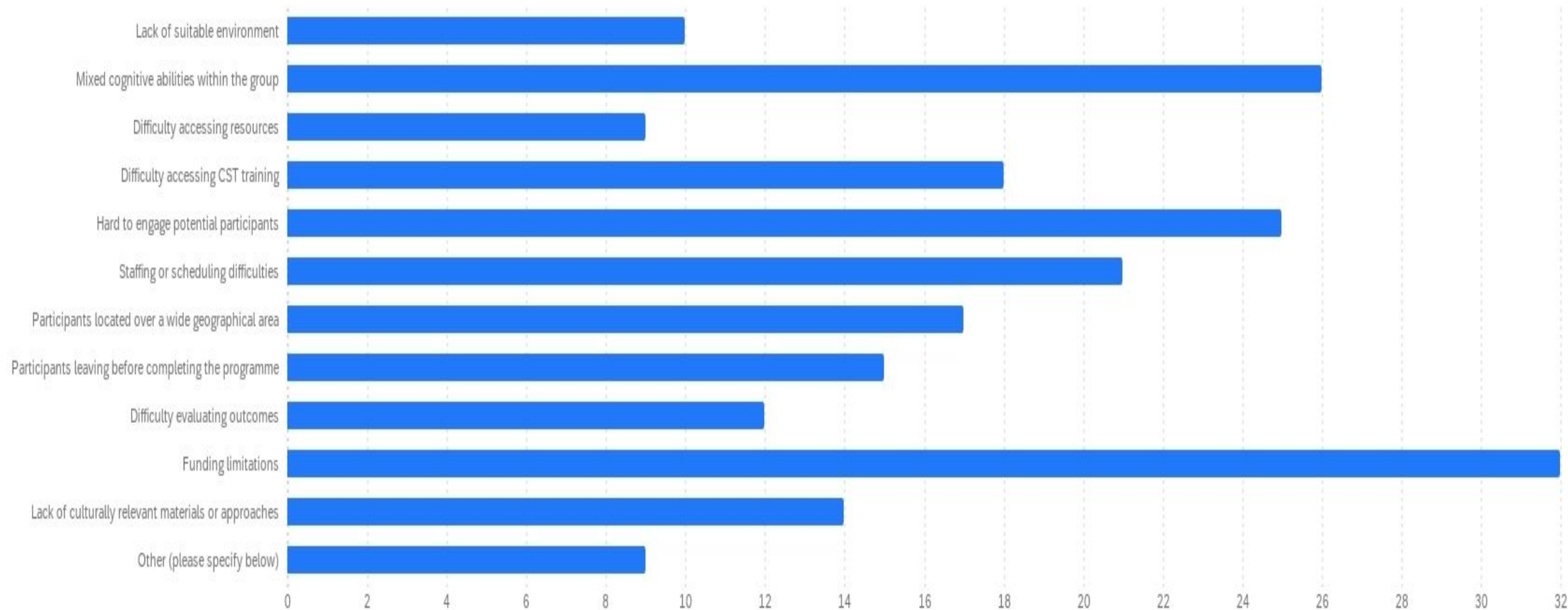
13 CORE RECOMMENDATIONS

Considered to be an essential element of post-diagnostic services on the basis of the literature reviewed: a priority for resourcing

7

Formal cognitive stimulation therapy (CST) should be available as a component of all post-diagnostic dementia community services, following the standard protocols of that programme.

Survey on CST Implementation in NZ (June 2026): Challenges





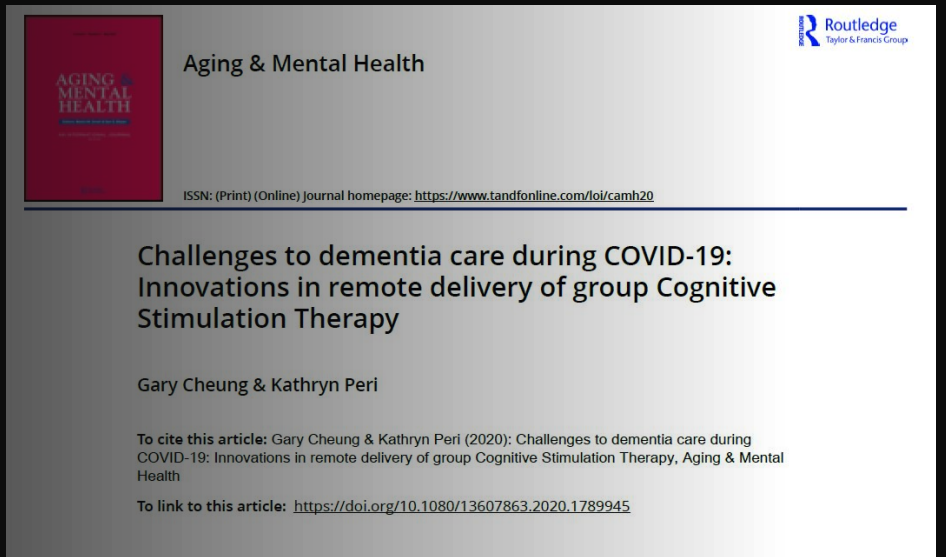
 Cognitive Stimulation Therapy-Māori (CST-Māori)	 Haumanu Whakaohoho Whakāro-Māori Cognitive Stimulation Therapy – Māori
Ngā Kaumātua ō Tātou Taonga  The Manual for Kaiarahi Group Facilitators	Ngā Kaumātua ō Tātou Taonga  He Puka Aratohu mā ngā Kaiwhakahāere

Adapting CST to Māori, Pacific and Asian

Progress in 2026

1. Virtual CST pragmatic RCT

- Collaboration with University of Otago, Alzheimers NZ and Dementia NZ



2. National Symposium June 2026

CST SYMPOSIUM PROGRAMME

12 June 2026 | 9 AM - 430 PM

University of Auckland

85 Park Road, Grafton, Building 501, Level 1, Room 501-110

9:00 Welcome and Opening Remarks

(MCs: Makarena Dudley & Rita Krishnamurthi)

- Mihi Whakatau led by Sonny Niha
- Opening by organisers

9:15 Keynote Address (Virtual)

- Aimee Spector - *University College London*

9:55 Aotearoa CST Stocktake 2026

- Gary Cheung - *University of Auckland*

10:15 Lived Experience: Voices from the Community

- Vendalla Derry, Susan Webb & Treasure Thomas Egglestone
Dementia North - Auckland

10:35 Morning Tea

11:00 Haumanu Whakaohoho Whakāro - Māori Adaptation of CST & Video

- Makarena Dudley - *University of Auckland*

11:30 Delivering CST to Pacific communities

- Taleni Sale - *Tū Ora Compass Health*
- Tevita Vungamoeah - *Pacific Dementia Māngao*
- Makoni Havea - *Pacific Dementia Māngao and Te Whatu Ora*

11:50 Piloting CST in Indian and Chinese communities & Video

- Rita Krishnamurthi - *Auckland University of Technology*
- Lily Yee - *Auckland University of Technology*

12:10 Challenges and Opportunities of providing adapted CST Discussion

Facilitated by Kathy Peri - *University of Auckland*

12:35 Group Photo (All attendees)

Please remain in the room for a group photo

12:40 Lunch

1:40 Showcasing CST (Spector model) in other regions - 20 mins each

- Rebecca Casey & Renee Clark - *Whanganui Regional Health*
- Antoinette McLean - *Alzheimers Otago*
- Gael Ansell - *Equip Network & Alzheimers Whanganui*
- Rina Schmid - *Te Hau Ora O Ngāpuhi*

3:00 Afternoon Tea

3:20 CST Training Updates

- Kathy Peri - *University of Auckland*

3:35 Virtual CST Trial

- Gary Cheung - *University of Auckland*

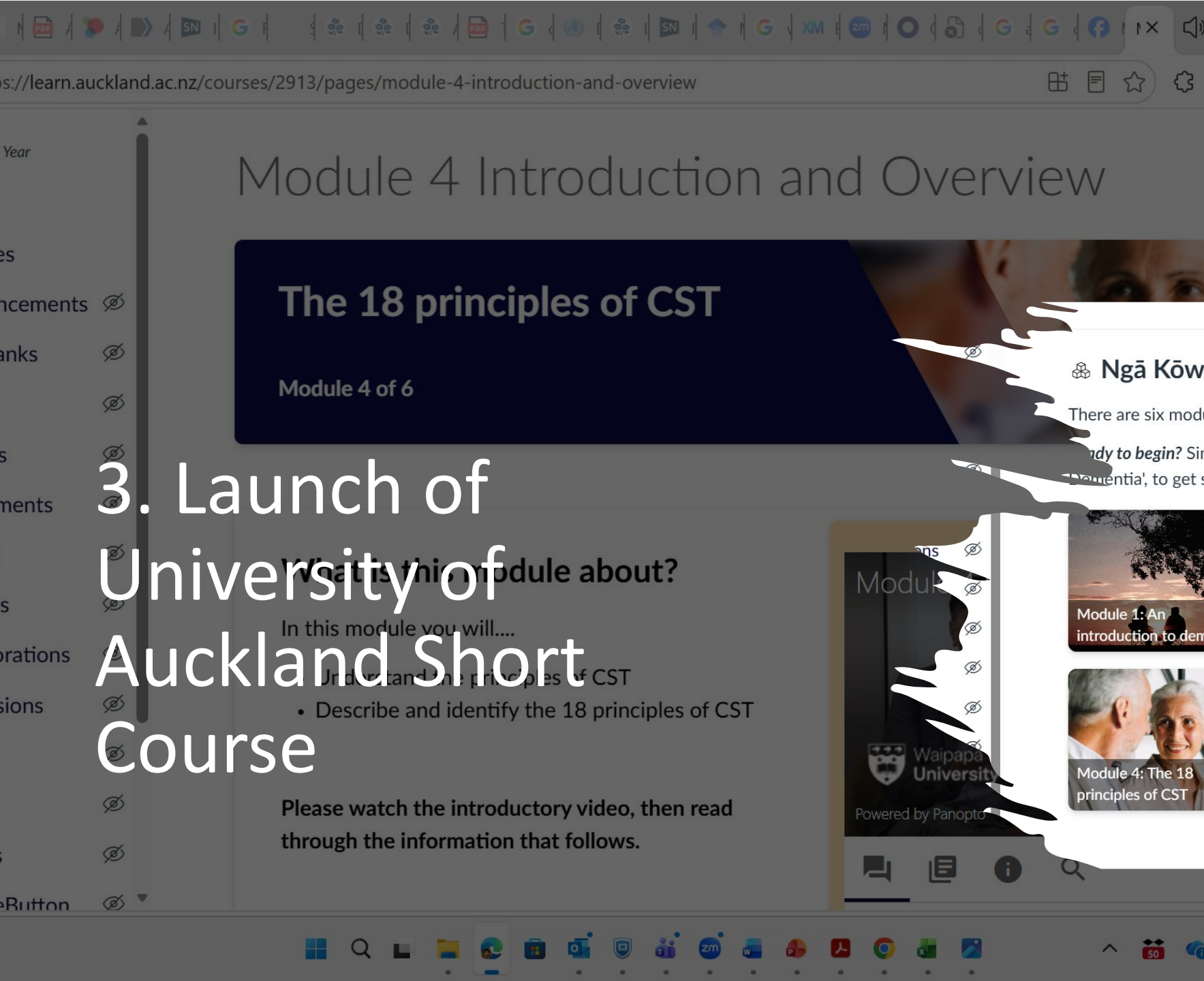
3:50 Showcasing Maintenance CST

- Glenn Bradley & Adelle Tanner - *Alzheimers Tauranga Inc*

4:20 Closing Remarks

4:30 Karakia

Join us for an informal networking opportunity at Superfino, located downstairs.
Please enter this room for more information.



Module 4 Introduction and Overview

The 18 principles of CST

Module 4 of 6

3. Launch of University of Auckland Short Course

What is this module about?

In this module you will....

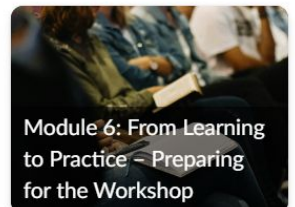
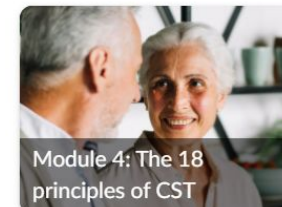
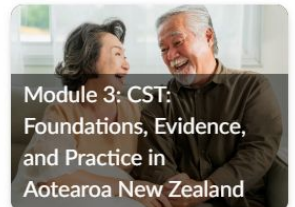
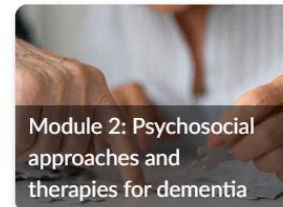
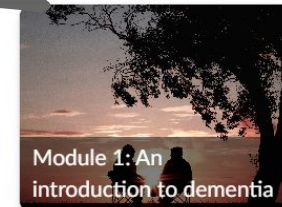
- Understand the principles of CST
- Describe and identify the 18 principles of CST

Please watch the introductory video, then read through the information that follows.

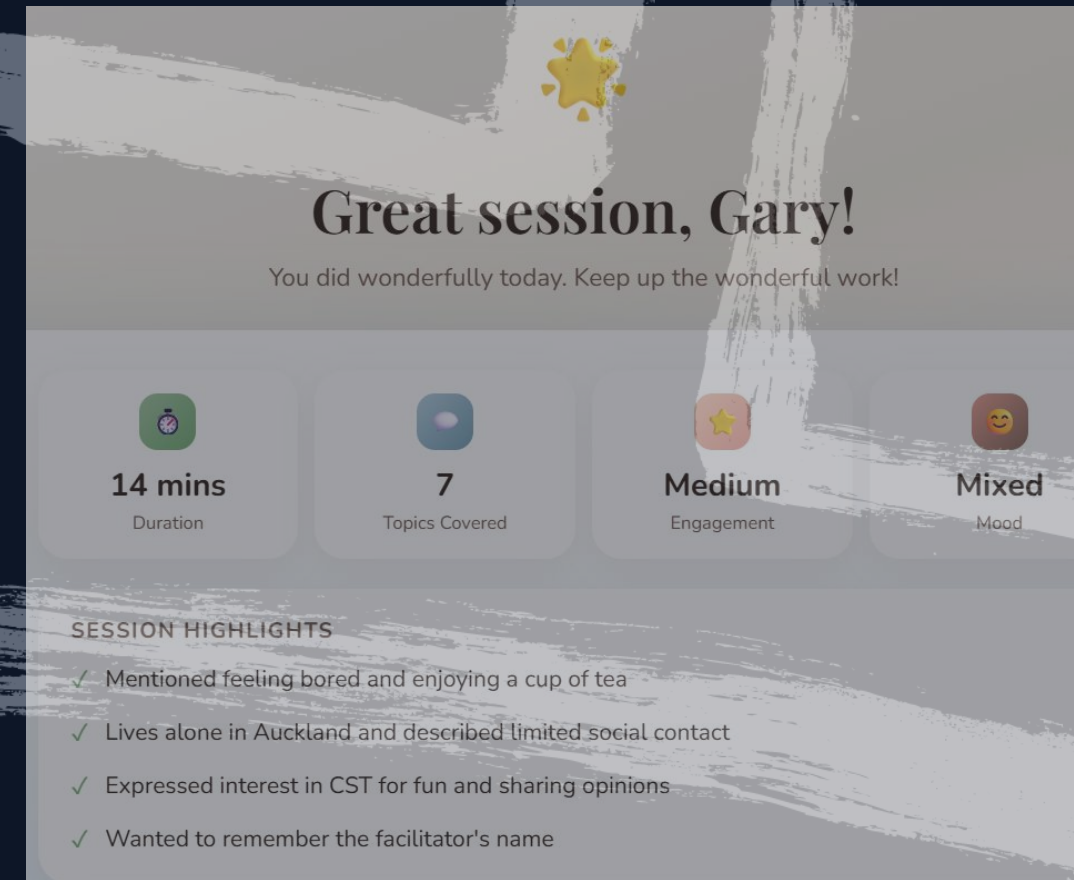
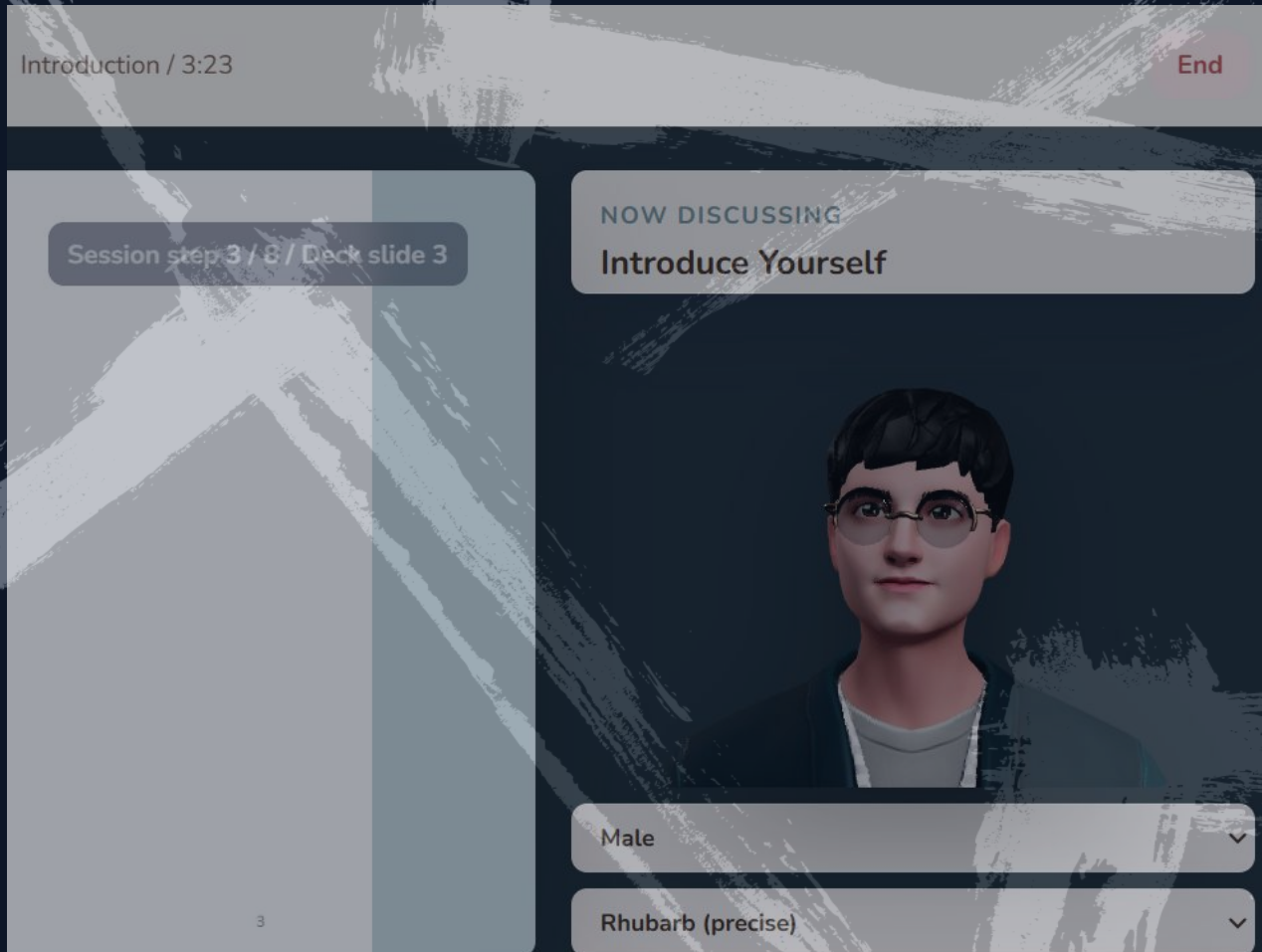
Ngā Kōwae | Modules

There are six modules in this course.

Ready to begin? Simply click the first tile: 'Module 1: An Introduction to Dementia', to get started



4. Development of Avatar-CST prototype



CST in Australia

www.cstaustralia.com





Co-lead	Kathy Peri	
Māori	Makarena Dudley, Tai Kake, Mauterangimarie Clark	
Pacific	Etu Ma'u, Makoni Havea, Tevita Vungamoeahi, Vaka, Taleni Sale, Tony Kautoke	Sione
Asian	Rita Krishnamurthi, Emme Chacko, Lily Yee, Gia Tan	
Virtual	Hamish Jamieson, Tai Kake, Etu Ma'u, Mauterangimarie Clark, Ulrich Bergler, Andrea Menclov, Frampton	Chris
Avatar	Sarah Cullum , Jing Sun, Ryan Gin, Kieran McKenna	
e-learning	Jenna Wilkins, Andrei Fronteras, Rachel Wright	
National Symposium	Makarena Dudley, Rita Krishnamurthi, Cathy Cooney, Lily Yee, Tracy Robinson, Caroline Bartle, Barbara	Taleni Sale, Charuk, Rebecca Casey

cst@auckland.ac.nz