



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

Avista

Trinity Centre
for Ageing and
Intellectual Disability



Engaging the Brain Through Cognitive Stimulation Therapy (CST) Project

Accessible easy-to-read report





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Meet the Team



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Project Team



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Collaborators

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Expert Advisory Panel

Dr Afia Ali, Dr Eimear McGlinchey, Ms Evelyn Reilly, Mr James Kelly, Ms Marianne Fallon, Ms Martina Leigh, Ms Mei Lin Yap, Dr Michelle Kelly, Dr Sean Shanahan.



A message to the research participants



Thank you for taking part in the Cognitive Simulation Therapy (CST) research.



You helped us to learn more about CST for people with intellectual disabilities.



We could not do this research without you.

What do we mean when we say?



CST is the short name for Cognitive Stimulation Therapy.

**Trinity Centre
for Ageing and
Intellectual Disability**

TCAID is the short name for the Trinity Centre for Ageing and Intellectual Disability.



PPI is the short name for Patient and Public Involvement.



When we say '**Almost all participants**' we mean most people agreed in one thing.



When we say '**All participants**' we mean everyone agreed.



When we show this picture the green means almost all participants agreed.



When we show this picture the green means only one activity was found difficult.

Introduction



Cognitive Stimulation Therapy (CST) is a programme that supports people to keep their brain active and healthy.

CST uses fun activities in a small group over 14 sessions.



Some of the activities include guessing the sounds, playing games, matching pictures and talking about your memories.



This research wanted to find out if people with intellectual disabilities could complete the CST programme.



We wanted to learn if people with an intellectual disability would enjoy the CST programme.



We asked the TCAID PPI panel to help us shaping this research.



30 people with an intellectual disability attending Avista took part in this research.

What did we find out from the participants?



Almost all participants attended 10 or more sessions.



Almost all participants attended the whole session from beginning to end.



All participants wanted to repeat 8 out the 14 sessions.



All participants enjoyed the activities in 10 sessions or more.



All participants completed all activities in more than 10 sessions.



Almost all CST activities were found easy or just right by the participants.



Only one activity completed in the CST was found difficult.



All participants enjoyed the 'sound' and 'number game' activities.

What did the group facilitators say?



All group facilitators said they would like to be a CST facilitator again.



All group facilitators said the CST is an easy programme to work with.







All group facilitators said CST works well as a day service programme.



All group facilitators mentioned how much fun the participants had during the sessions.

What do the results tell us?

 A man in a green t-shirt and a woman in a pink hoodie are standing next to a flipchart. The flipchart has the text 'Our Research' and a line graph showing an upward trend. The man is pointing at the graph and the woman is holding a microphone.	<p>The results show that CST is suitable for people with an intellectual disability.</p>
 A group of people, including a man in a suit and several women, are standing in front of a house-shaped frame. The text 'Day Centre' is written below the frame. The people are holding various objects like a yellow ball and a red flower.	<p>And yes, CST can be done in day services for people with intellectual disabilities.</p>
 A close-up portrait of a smiling man with short dark hair, wearing a plaid shirt.	<p>The results also show that people with ID enjoyed and engaged in the programme.</p>
 A woman with short brown hair and glasses is smiling. She is wearing a white t-shirt with a red flower design. She is surrounded by a purple circular graphic with the text 'Person Centred' at the bottom. Three purple arrows point towards her from above.	<p>Adapting the CST activities to the group can help people with an intellectual disability to engage better.</p>

What needs to change?



We need more CST research to include people with Intellectual Disabilities.



We need more staff to be trained as CST facilitators.



We need CST to be included in Day services programmes more often.



We need to spread the word about the CST programme.

What are the next steps?

Avista

Avista will continue to offer the CST programme to more people in day services.

**Trinity Centre
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TCAID will continue to research to learn more about CST.



The research team will continue to show the results of this research.



Thank you for reading this report.

 This document was proofread by people
with intellectual disabilities.



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 Aonad Pleanála & Forbartha Altranais
& Cnáimhseachais, Átha Cliath & Thoir Theas

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