

International Cognitive Stimulation Therapy (CST) Centre



5th International Cognitive Stimulation Therapy (CST) Conference

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*Programme
Booklet*



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Programme

0830-0900	Registration		
0900-0920	Opening		
<i>Venue</i> Wang Gungwu Lecture Hall	Welcome and International CST Development Professor Aimee Spector International CST Centre; University College London, UK		
0920-1020	Plenary Session 1: Scaling up CST implementation		
<i>Venue</i> Wang Gungwu Lecture Hall <i>Chairs</i> Professor Martin Orrell <i>University of Nottingham, UK</i> Dr. Jacky Choy <i>The University of Hong Kong, HK</i>	Economic Implication of Scaling Up and Delivering CST Virtually Professor Martin Knapp London School of Economics and Political Science, UK Implementing CST in China Professor Huali Wang Peking University, China		
1020-1100	Tea & Speed Networking		
1100-1200	Plenary Session 2: Variations and considerations in CST implementation		
<i>Venue</i> Wang Gungwu Lecture Hall <i>Chairs</i> Dr. Gary Cheung The University of Auckland, New Zealand Dr. Rikke Gregersen Via University College, Denmark	CST and Chair Yoga for People with Dementia: A Pilot Study Dr. Gary Cheung The University of Auckland, New Zealand Ready-to-use Materials for CST: A Study of Mind-Delight CST Games Ms. Stephanie Man, Ms. Choi Ying Tong Christian Family Service Centre, HK The Development of the Electronic Cognitive Stimulation Therapy (E-CST) System and Feasibility Test in China Professor Yueqin Huang Institute of Mental Health, Peking University, China Can Cognitive Stimulation Therapy (CST) Benefit People with Dementia Having Concurrent Downs Syndrome? Initial Pilot Data Dr. Rikke Gregersen Via University College, Denmark		
1215-1300	Workshops (parallel session)		
<i>Venue</i> MWT4, 1/F, Meng Wah Complex, Main Campus	<i>Venue</i> MWT5, 1/F, Meng Wah Complex, Main Campus	<i>Venue</i> Wang Gungwu Lecture Hall	
Workshop 1 CST Training for Volunteers: Curriculum Design and Implementation <i>Facilitator</i> Dr. Jacky Choy The University of Hong Kong, HK	Workshop 2 Digitalizing CST to support group delivery and home use <i>Facilitator</i> Dr. Nahid Zokaei Brain+, Denmark	Workshop 3 Ask-the-expert research networking forum <i>Lead</i> Professor Martin Orrell, University of Nottingham, UK <i>Panel</i> Professor Martin Knapp London School of Economics and Political Science, UK Professor Huali Wang Peking University, China	
1300-1415	Lunch		

Programme (cont'd)

1415-1500	Workshops (parallel session)		
<p><i>Venue</i> MWT4, 1/F, Meng Wah Complex, Main Campus</p> <p>Workshop 4 Dementia Awareness for Caregiver Course <i>Facilitators</i> Ms. Isabelle Kwan University College London, UK Dr. Daniel Mograbi Pontificia Universidade Católica do Rio de Janeiro, Brazil</p>	<p><i>Venue</i> MWT5, 1/F, Meng Wah Complex, Main Campus</p> <p>Workshop 5 Implementation of Group CST: Inclusive Enabling Strategies for People with Dementia and Multimorbidity <i>Facilitator</i> Mr. Raymond Ching North District Hospital, HK</p>	<p><i>Venue</i> Wang Gungwu Lecture Hall</p> <p>Workshop 6 Clinical Discussion <i>Lead</i> Dr. Michelle Kelly National College of Ireland, Dublin <i>Panel</i> Professor Aimee Spector International CST Centre; University College London, UK Dr. Gloria Wong University of Reading, UK</p>	
1515-1600	Plenary Session 3: CST in different cultures		
<p><i>Venue</i> Wang Gungwu Lecture Hall <i>Chairs</i> Dr. Daniel Mograbi Pontificia Universidade Católica do Rio de Janeiro, Brazil Ms. Isabelle Kwan University College London, UK</p>	<p>CST in Australia: Past, Present, and Future Ms. Isobel Sanger Merri Health, Melbourne, Australia</p> <p>Adapting CST for Māori with Mate Wareware (Dementia) Dr. Makarena Dudley University of Auckland, New Zealand</p> <p>Facilitators And Barriers to Implementing CST Groups for People with Dementia in Ireland (FAB-CST): Project Outline and Subsequent Progress Dr. Michelle Kelly National College of Ireland, Dublin</p>		
1600-1630	Tea & Poster		
1630-1715	Plenary Session 4: Language, social engagement, and communication		
<p><i>Venue</i> Wang Gungwu Lecture Hall <i>Chairs</i> Dr. Gloria Wong University of Reading, UK Mr. Jason Wong University College London, UK</p>	<p>Comparing Social Engagement in Virtual and In-Person Group CST for People Living with Dementia: A Randomized Controlled Trial in Hong Kong Mr. Jason Wong University College London, UK</p> <p>Collective and Individual Constructive Engagement as the Change Mechanism of Cognitive Function and Communication Ability among Persons with Dementia Receiving Group CST Dr. Anna Zhang The University of Hong Kong, HK</p> <p>Communication Strategies Guided by the Key Principles of CST: Development and Potential Applications Dr. Winsy Wong The Hong Kong Polytechnic University, HK</p>		
1715-1730	Closing Remarks & Photo Taking		

Abstracts of Oral Presentations

Plenary Session 1: Scaling up CST implementation

Economic implication of scaling up and delivering CST virtually

Martin Knapp

London School of Economics and Political Science, UK

Decision-makers in health and social care systems across the world are intent on finding effective, acceptable ways to address the large and growing challenges associated with the increasing numbers of people with dementia. Effective interventions such as CST can make important contributions, but questions will always be asked about the economic implications: Is CST affordable? Is it cost-saving? If not, is it nevertheless cost-effective? The presentation will first clarify what these questions mean, and then summarise what the answers appear to be. Then, Prof. Knapp will reflect on the potential for scaling up virtual CST to the eligible population of people with dementia. Finally, he will reflect on some of the challenges of moving from research-generated evidence to policy and practice implementation.

Implementing CST in China

Huali Huang

Peking University, China

Cognitive Stimulation Therapy (CST) has emerged as an effective non-pharmacological intervention for individuals with mild cognitive impairment and dementia. In mainland China, CST research and application have gained significant attention in recent years. This presentation will provide an overview of CST's development and cultural adaptation in Mandarin, curriculum development for training CST moderators, and implementation strategies and challenges in the context of the national dementia care and prevention initiative. By examining the cultural and social factors influencing CST's implementation, we aim to contribute to the global dialogue on dementia care and inspire further innovation in this field.

Cognitive Stimulation Therapy and Chair Yoga for People with Dementia: A Pilot Study

¹Gary Cheung, ¹Kathy Peri, ²Marla Berg-Weger

¹University of Auckland, New Zealand; ²Saint Louis University, US

Background: Mind-body interventions such as yoga, tai chi and mindfulness meditation have promising effects on cognitive issues related to aging. This single-blinded pilot study tested a novel intervention combining Cognitive Stimulation Therapy (CST) and chair yoga in the treatment of dementia.

Methods: Participants with a diagnosis of mild to moderate dementia were recruited from the community, retirement villages and long-term care facilities. Participants received either CST+Chair Yoga, CST alone, or Chair Yoga alone twice a week for 10 weeks. Primary and secondary outcome measures were collected at baseline, immediately post-treatment, and 10-weeks post-treatment.

Results: 63 participants (71% female; mean Montreal Cognitive Assessment=17.1) completed the 10-weeks interventions. Changes in outcomes at post-treatment and 10-weeks post-treatment for CST+Chair Yoga and Chair Yoga alone groups were compared with CST alone group. At post-treatment and 10-weeks post-treatment, both primary outcome measures, Alzheimer's Disease Assessment Scale – cognitive subscale and Quality of Life-Alzheimer's Disease, were not statistically significant for CST+Chair Yoga and Chair Yoga alone, compared to CST alone.

Conclusion: It is feasible to integrate chair yoga with CST, but our pilot findings did not show any additional benefit of including chair yoga in a 10-weeks CST programme. Further research with a larger sample size is required to confirm our findings.

Ready-to-use materials for CST-A study of Mind-Delight CST Games

Choi Ying Tong, Tsz Ying Stephenie Man

Mind Delight Centre, Christian Family Service Centre, HK

Mind Delight Centre is one of the dementia care centres which had adopted Cognitive Stimulation Therapy (CST) in its services in Hong Kong. After years of CST experiences, a kit called "Mind-Delight CST games" which consists a series of CST games with materials specifically designed for CST groups, had been developed by CST trainers and CST facilitators of Mind Delight Centre. CST principles and dementia-friendly elements are incorporated in each game to be used across 14 CST group sessions, which provide CST group leaders standardized and convenient way to conduct the groups.

To evaluate effectiveness of the Mind-Delight CST games, certified CST facilitators were given the kit for leading CST group after receiving formal CST training as well as use of the kit training from Mind Delight

Centre in 2019 to 2022. In total, 267 elders with dementia had participated in CST groups using the Mind-Delight CST games in different centres.

A few standardized evaluation tools had been conducted to 86 elders by CST facilitators before and after 14 CST sessions to measure changes in cognition, communication, quality of life (QOL) of people with dementia and stress of their caregivers with the following findings:

- Cognition: The mean score of Moca is improved
- Communication: The mean score of Holden Communication Scale is slightly improved after the group
- Quality of Life: The mean score of QOL-AD is higher after the group
- Caregivers' stress: The mean score of Zarit Burden Interview is reduced

This study results suggest that using Mind-Delight CST games for CST groups may benefit elders with dementia on cognitive function, which is consistent with other researches on CST.

The development of the electronic Cognitive Stimulation Therapy (E-CST) system and feasibility test in China

Zhaorui Liu, Tak-ching Tai, Yueqin Huang

Peking University Sixth Hospital (Institute of Mental Health), China

Since 2011, Cognitive Stimulation Therapy (CST) has been introduced to China by researchers from the Institute of Mental Health, Peking University after carefully culture adaption. Two trails for CST and Maintenance CST (MCST) have been conducted among patients with mild and moderate dementia. Results showed CST could slow down the progress of cognitive decline of the patients and increase the quality life both for patients and their caregivers. However, the scaling up of CST is challenged by the complexity of the training for facilitators, and lower accessibility if older persons live far away from the treatment centers. This study aims to develop an Electronic Cognitive Stimulation Therapy system (E-CST) and evaluate its feasibility. The study design relied on qualitative research methods. First, the Delphi method was used; ten experts were consulted to refine and optimize the contents of the CST training sessions and focus group discussion of 3 groups of a total of 21 interviewees who had participated in CST in the past to finalize the content and difficulty of each session. The aforementioned feedback was accepted to guide the development of E-CST. Then, in-depth interviews were conducted to assess the user experience of 24 patients. Finally, focus group discussions were done with five groups of caregivers, community health workers, and nursing facility personnel to assess the applicational value of E-CST. Our findings indicate that most involved parties expressed satisfaction with E-CST. For group facilitators, E-CST offers convenience in the preparation and documentation of the training process. Caregivers reported observing positive engagement from patients during the sessions. For users, the ability to engage in group games using tablets and receive concise health information was particularly engaging. This study's findings support the feasibility, acceptability, and value of E-CST for patients with mild cognitive impairment and mild to moderate dementia, offering scalable and reliable services.

Cognitive Stimulation Therapy in Australia: Past, present and future

^{1,2}Isobel Sanger, ¹Amy Cussen, ²Robyn Lewis, ^{2,3}Nathan M D'Cunha

¹Merri Health, Melbourne, VIC, Australia; ²Centre for Ageing Research and Translation, Faculty of Health, University of Canberra, Bruce, ACT, Australia; ³School of Exercise and Rehabilitation Sciences, Faculty of Health, University of Canberra, Bruce, ACT, Australia

Over 400,000 people are living with dementia in Australia, and despite being a high-income country, services available to promote quality of life and wellbeing are limited. Cognitive Stimulation Therapy (CST) is delivered in healthcare settings internationally, including in countries with comparable health systems to Australia, such as the United Kingdom and Denmark. Despite this, there has been limited adoption of CST in Australia until recently. The first documented Australian adaptation of CST was in 2013 at the Prince of Wales Hospital in Sydney. Since then, several residential aged care providers have incorporated principles of CST into their recreation and therapeutic programs. One example is successful and ongoing implementation of CST in residential aged care settings delivered by University of South Australia Occupational Therapy students. While positive findings were published in 2016 demonstrating benefits to people with dementia, staff, and students, little further research has been conducted on CST in Australia. This presentation will describe two ongoing studies featuring CST. First, we will report preliminary results of a seven-week co-delivered CST and carer education program in a community health setting in Melbourne, Victoria. Second, results of a twelve-week multicomponent intervention for people with dementia and carers based at a rehabilitation hospital in the Australian Capital Territory. In this intervention, people with dementia receive 24 sessions of CST. Together, the findings will provide insights into how CST can be more broadly implemented and the barriers and enablers to expanded delivery to promote the quality of life and wellbeing of people with dementia.

Adapting Cognitive Stimulation Therapy for Māori with mate wareware (dementia)

Makarena Dudley, Kathy Peri, Tai Kake, Gary Cheung

University of Auckland, New Zealand

Introduction: Māori are the indigenous people of Aotearoa New Zealand. Cognitive Stimulation Therapy (CST) was initially developed in the UK and therefore lacking in Māori cultural content and values. Cultural adaptation is needed to ensure Māori with dementia can benefit from this evidence-based treatment. This presentation reports the outcome of a project aimed to adapt CST for Māori.

Methods: We followed the five phases of international guidelines using the formative method for adapting CST to other cultures, including a critical cultural examination of the 18 CST principles. We piloted two CST-Māori programmes and collected pre- and post-outcome measures using the RUDAS and the World Health Organization Quality of Life (WHOQOL-BREF) questionnaire. Written qualitative feedback was sought from participants and their family at the end of the CST-Māori programme.

Results: A total of 15 Māori (female: 53.3%) participated in the two programmes. Their mean age was 75.9 years (SD=6.6) and mean baseline RUDAS scores was 17.7 (SD=2.3). There was a statistically significant improvement in cognition (RUDAS: pre=17.7, post=19.4, p=0.003) and in the WHOQOL subscales of physical (pre=75.9, post=88.5, p=0.003), psychological (pre=72.7, post=81.3, p=0.024) and environment (pre=80.6, post=88.0, p=0.006). Written feedback confirmed the acceptability of this culturally adapted programme by Māori living with dementia and their whānau (families).

Conclusion: CST was successfully adapted for Māori with dementia. It is a culturally acceptable cognitive intervention and preliminary data confirmed the effectiveness of CST-Māori in improving cognition and quality of life.

Facilitators And Barriers to implementing Cognitive Stimulation Therapy groups for people with dementia in Ireland (FAB-CST): Project outline and subsequent progress

Michelle Kelly, Caoimhe Hannigan, Cassandra Dinius, Eve Larkin
National College of Ireland, Dublin

Background/Aims: Although hundreds of healthcare practitioners in Ireland are trained to deliver CST, an ‘implementation gap’ has emerged where CST is not routinely available. This research aimed to examine the facilitators and barriers to the implementation of CST in Ireland and was funded by the Irish Research Council (IRC). The Alzheimer Society of Ireland partnered on the project.

Methods and Results: This mixed methods research included two phases. In phase 1, trained CST practitioners (n= 75) completed a survey assessing implementation, acceptability, and perceived efficacy of CST. Statistical analysis demonstrated that 54.8% of practitioners had run CST following training; the more effective practitioners thought CST was, the more likely they were to run CST (p=0.006); and practitioners would run a greater number of CST groups when they saw the benefits first-hand (p=0.01). In phase 2, qualitative interviews examined barriers to CST and strategies to overcome barriers. Interviews with dementia policy professionals and healthcare professionals (n=10), family care partners (n= 5) and people living with dementia (n=5) were analysed using a thematic framework analysis, guided by the Consolidated Framework for Implementation Research (CFIR). Results showed that participants were supportive of increased delivery of CST; improving awareness of CST and accessible information is important; and a lack of resources like staff and funding is a barrier to availability.

Conclusions/ Implications: This research improves our understanding of factors affecting CST implementation in Ireland. Recommendations have been made to inform clinical and policy decisions; we are liaising with the HSE’s National Dementia Office (NDO) to advise on national implementation plans for CST in Memory Clinics countrywide.

Comparing social engagement in virtual and in-person group Cognitive Stimulation Therapy for people living with dementia: A randomized controlled trial in Hong Kong

Tsz Leung Wong,¹Aimee Spector, ²Gloria Wong

¹University College London, United Kingdom; ²The University of Hong Kong, Hong Kong

This study presents the findings of a randomized controlled trial conducted in Hong Kong to assess the impact of virtual group Cognitive Stimulation Therapy (CST) on the social engagement of People Living with Dementia (PLWD). Given the challenges posed by infection control measures in the post-COVID-19 era and the accessibility issues faced by PLWD, our research explores the effectiveness of virtual CST as an alternative to traditional in-person sessions.

A total of 144 PLWD were recruited through non-governmental organizations and CST facilitators in Hong Kong. Participants were evaluated using the Hong Kong Social Functioning in Dementia Scale (HKSF-DEM), a 20-item questionnaire designed to measure social engagement. This scale encompasses various aspects, including social interactions, communication, and relationships with others. The study compares the social engagement of participants in virtual CST with those in traditional in-person CST to assess the viability of the former.

The results of this study have important implications for enhancing the accessibility and flexibility of dementia care services, particularly in the context of limited mobility and the increasing role of remote healthcare delivery. Furthermore, our research may lay the foundation for a hybrid model of dementia care, integrating virtual and in-person interventions to cater to the diverse needs of PLWD. The study provides valuable insights into the potential of virtual CST in Hong Kong and offers recommendations for its implementation within the local context.

Collective and individual constructive engagement as the change mechanism of cognitive function and communication ability among persons with dementia receiving group Cognitive Stimulation Therapy

Anna Zhang

The University of Hong Kong, Hong Kong

Background: Activity design of cognitive stimulation therapy (CST) manifests and applies the theory of brain plasticity and the person-centred approach. However, empirical evidence on the change mechanism of CST is scant. Constructive engagement, which refers to the state of being occupied purposively in meaningful activities, could be an overlooked link, enlarging the effectiveness of CST. Our study investigated its longitudinal change and impact on PwD's cognition and communication ability.

Methods: A sample of 113 PwD receiving group CST was in the study. Time sampling was applied to record the time proportion of individual and collective constructive engagement (ICE and CCE) throughout group CST's early, middle, and late phases. We measured PwD's cognition and communication ability before and after the intervention by Alzheimer's Disease Assessment Scale-Cognitive Subscale and Holden Communication Scale, respectively. Repeated ANOVA and multivariate linear regressions were conducted in SPSS 27.0.

Results: On average, PwD's time proportion of CCE in group CST was around 30%, while ICE was 21%. However, there was no dramatic change in the time proportion of CCE across sessions ($F=1.73$, $p=.18$), but ICE increased significantly from the early to middle phase ($F=3.43$, $p<.05$). ICE significantly predicted PwD's improvement in cognition ($\beta=-0.30$, $p<.01$), while CCE contributed to PwD's better performance in communication, especially the awareness of social contexts ($\beta=-0.29$, $p<.05$) and the initiation or ability of self-expression ($\beta=-0.38$, $p<.01$).

Conclusion: Both group activities promoting interpersonal interactions and individual tasks requiring independent thinking were essential in CST. Engaging in the activities collectively and individually benefited PwD differently.

Communication Strategies Guided by the Key Principles of Cognitive Stimulation Therapy (CST): Development and Potential Applications

¹Winsy Wing Sze Wong, ²Gloria Hoi Yan Wong, ³Jacky Chak Pui Choy, ¹Qihan Huang

¹The Hong Kong Polytechnic University, HKHKSAR

²University of Reading, UK

³The University of Hong Kong, HKSAR

Introduction: Cognitive Stimulation Therapy (CST) is an evidence-based behavioral intervention for people with mild/mild-to-moderate dementia (Spector et al; 2003). Benefits to different aspects, such as cognition, communication and social interaction, and activities of daily living, have been obtained (see a Cochrane Review by Woods et al., 2023). The three aspects of CST attributed to the positive outcomes suggested in Woods et al. (2023), namely generalized cognitive exercise, social interaction and support, and a person-centered approach, are largely consistent with the 18 key guiding principles of CST (Spector et al., 2022) introduced and stressed during CST facilitator training. Nevertheless, little is known about what communication strategies are related to the key CST principles, and whether (and how) these strategies may affect the communication and interaction among the facilitators and people with dementia (PwD). The current study aims to identify communication strategies stemming from key CST principles.

Method: Ten certified CST trainers will be invited to join a focus group to discuss and identify communication behaviors of the CST facilitators that may promote/impede PwD's verbal and nonverbal communication and resolution of communication breakdown. A qualitative analysis of the transcribed interview will be conducted to categorize the facilitative/non-facilitative strategies derived from the key principles (i.e., CST-based communication strategies) under different themes.

Results and Significance: The CST-based communication strategies will be summarized and discussed. The potential applications, such as exploration of the relationship between facilitator's and PwD's interaction during CST sessions and their relation to therapy outcomes, will be discussed.

Can Cognitive Stimulation Therapy (CST) benefit people with dementia having concurrent Downs Syndrome? Initial pilot data

Rikke Gregersen

Via University College, Denmark

Aim: The aim is to achieve initial knowledge on whether group Cognitive Stimulation Therapy can socially and cognitively support people with Downs Syndrome and concurrent dementia and how the Danish culturally-adapted CST programme can be tailored to this target group.

Background: CST promotes wellbeing, self-esteem and cognition in elderly with mild-moderate dementia whereas effects of CST are less studied in people with more complex cognitive challenges. People with Downs Syndrome have increased risk of developing dementia from early age (35+) and they often experience lack of meaningful social and cognitive activities in the Danish Municipalities.

Methods:

Recruitment: A specialist team in the municipality of Vejle (Billund) who work with people with Downs Syndrome, has in Autumn 2023 offered 3 of their clients with concurrent dementia to participate in CST-like group sessions, 2 x week over 7 weeks (Nov-Dec).

CST education and supervision of professionals: A coming group CST leader and CST Assistant had CST education at VIA University College in Oct 2023. Furthermore, they were offered supervision and free access to a digital tool, the CST Assistant (Brain+) to make it easier to prepare and hold CST sessions.

Data collection: Questionnaires aimed for the CST professionals were fulfilled before and after the intervention, and after each CST session in order to understand the CST effect on group dynamics, participants mood, concentration, spontaneous talk, etc.

Results/Conclusion: To be presented. These pilot results will give initial knowledge on CST as a therapy when tailored to people with Downs Syndrome and dementia.

Abstracts of Poster Presentations

Poster Number: 1

Effects of multi-sensory cognitive intervention by using Cognitive Stimulation Therapy (CST) approach for long-term institutionalized dementia patients in HK

Sau Shan Hui, Steffi TY Chow, KL Wong

Hospital Authority, Hong Kong

WHO recommended cognitive interventions applying principles of cognitive stimulation, reality orientation and reminiscence therapy can be considered in the care of people with Dementia. The aim of this pilot study was to assess the efficacy of using Multi-sensory Cognitive Training Program by using cognitive stimulation therapy (CST) approach for the long stay patients with Dementia.

This was a pre and post intervention study conducted from November to December in 2020. Participants (N=4) were selected from an infirmary setting with mild to moderate Dementia. The program was based on the principles of CST in a small and 6 structured group sessions that led by Occupational Therapists. Goals of the group was to create an environment where the participants can learn and strengthen their existing resources, hence functioning at their maximum capacity. The group also focus on person-centered care and implicit learning for the participants. Primary outcomes measures used were HKMoCa-5, Holden Communication Scale (HCS). Secondary measure used was patient's self-report questionnaire and CST record sheet.

Data collected was analyzed by SPSS and the findings were positive. For HKMoCa-5, a mean difference of +2.25 is found ($p=0.058$). For HCS, a mean difference of -5.2 is found ($p = 0.099$). For the patient's self-report questionnaire and CST record sheet, participants showed satisfied and well engaged in the group.

As such, the program can enhance both cognitive function and engagement for the long-stay residents with Dementia. The program can be used as a feasible and sustainable model for service provision in infirmary setting.

Poster Number: 2

CST Working Group Australia - planning, engagement and implementation

Makarena Dudley, Kathy Peri, Tai Kake, Gary Cheung

University of Auckland, New Zealand

This poster presentation will capture the process undertaken in 2022 and 2023 to establish a CST Working Group in Australia designed to create a point of connection for people delivering and researching CST in Australia.

Without central coordination, facilitator training or support for facilitators, CST has had limited traction in Australia in recent years. There has been a lack of information and advocacy related to CST as a post diagnostic dementia intervention to Australian dementia stakeholder groups and in Australian government consultation processes.

With support from University College London and New Zealand CST master trainers, the working group has developed since mid-2022 by identifying and engaging people across Australia with experience and interest in CST.

A collaborative process has resulted in the capture of working group priorities and objectives and agreed meeting processes in a terms of reference document.

The working group includes academics, aged care workers, occupational therapists, psychologists and physiotherapists. The working group has gained momentum over 12 months and continues to attract wide interest and new members.

A CST facilitator training was delivered in June 2023 by the New Zealand master trainers and an Australian master trainer has been appointed to increase the number of CST facilitators and programs in Australia. Working group members support other members commencing CST programs and collaborate in research activities.

The process undertaken, successes and challenges will be shared in the poster presentation for the benefit of other countries wishing to establish a CST community of practice.

Poster Number: 4

A qualitative study of the impact of Cognitive Stimulation Therapy on people with dementia and their caregivers

Yueqin Huang, Tingting Zhang, Ruoxi Ding, Zhaorui Liu

Peking University Sixth Hospital (Institute of Mental Health), China

Objective: To investigate detailed benefits of people with dementia after cognitive stimulation therapy (CST), and to understand the impact on the mood of patients and caregivers, and to collect suggestions to the improvement of the therapy.

Methods: Qualitative personal in-depth interviews were conducted with four caregivers who attended the CST with patients. Interviews were guided by a series of open questions. Data were recorded and transcribed, before being analyzed using Framework analysis.

Results: Most of the caregivers reported improvements of daily communication of patients, cognitive function and activities of daily life. All caregivers reported mood improvements both of the patients and caregivers. Caregivers were satisfied with the arrangements of the therapy, but suggested communication methods during the therapy should be changed and caregivers should attend the therapy within limited boundary. All caregivers suggested CST should be carried out in communities to increase the accessibility of the treatments.

Conclusion: CST can improve the cognitive function and activities of daily life of people with dementia in different domains and should be scaled up in communities.

Poster Number: 5

Language and communication assessment in Cognitive Stimulation Therapy studies: A review

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¹Department of Chinese and Bilingual Studies, Hong Kong Polytechnic University, Hong Kong SAR, China

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Introduction: Cognitive Stimulation Therapy (CST) is an evidence-based intervention programme for people with dementia (Spector, 2003). It has been applied internationally in various clinical settings while its effectiveness on cognition, communication and social interaction, mood and anxiety, quality of life, behaviour and activities of daily living have been investigated and reviewed in the latest Cochrane Review (Woods et al., 2023). The review also revealed that among various outcomes, communication and social interaction benefited most, with a standard mean difference of 0.53, indicating a medium effect size. Despite a clinically meaningful treatment effect, specific tasks assessing language and communication were not included in most of the CST studies. The present study aims to take an in-depth investigation into the type and nature of the language/communication assessments taken in reported CST trials.

Methods: Randomized Clinical trials (RCTs) of CST were searched in PubMed and Google Scholar. The tests used for tapping language/communication, their nature (i.e., quantitative vs. qualitative) and the components of language/communication functions assessed was summarized.

Results: Ten RCTs were identified. Holden Communication Scale (Holden & Woods, 1995), a qualitative communication measure based on caregiver's observation, and quantitative analysis of content produced in a picture description task were the two major tasks used.

Conclusion: Language and communication were only evaluated in a few studies. To capture the effects of CSTs in everyday communication, it is suggested that tasks utilizing daily contexts (e.g., conversation) can be introduced in future studies.

References:

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Poster Number: 6

Application of CST in elders' real-life–The Living CST project

Ms. Tong Choi Ying, Ms. Man Tsz Ying, Stephenie, Mr. Ng Ming Wai

Mind Delight Centre, Christian Family Service Centre, Hong Kong

Since the beginning of 2023, Mind Delight Centre has been incorporating “Live-oriented Training Program” in their dementia care services. The program is an innovative yet real-life approach which integrates cognitive elements like memory, calculation etc. in daily lives of elders with dementia. It means that elders receive training from life events such as grocery shopping, cooking their meals or visiting park etc., instead of having training in institutions. In carrying out the training, “live training helpers” are recruited and trained by different professionals like social workers, occupational therapists and nurses.

At present, 11 elders have been receiving the services. Feedbacks collected from caregivers and trainers is positive. In their comments, the program not only enhanced clients' motivation in performing daily living activities such as accessing community, but it also facilitated clients to develop their own hobbies and interests.

Cognitive stimulation Therapy (CST) is an evidence-based program which is able to guide live training helpers in delivering live-oriented training with stronger cognitive stimulating effects, hence a new “Living CST program” project is developed. The project targets to test a community-based dementia service model consisting existing CST in a lively and familiar way with real-life situations, which aims at: 1) Maintaining cognitive functions of elders with dementia through familiar life tasks, 2) Enhancing motivation of elders with dementia in performing daily living activities, 3) BPSD of elders with dementia and caregivers' stress.

Living CST helpers are paired up with elders to run through the program based on specific protocols after completion of trainings from certified CST trainers, facilitators and experienced helpers. Effectiveness of the projects is measured by different tools before and after 6 months in progress.

Conference Chairs, Speakers & Workshop Leaders

Gary Cheung

Associate Professor Gary Cheung is an academic old age psychiatrist who has a joint appointment at The University of Auckland and Health New Zealand. He co-leads the dissemination and research of Cognitive Stimulation Therapy in New Zealand, including adapting it for Māori, Pacific and Asian people. He was awarded the 2021 Alzheimers New Zealand Fellowship to recognise his contribution to psychosocial dementia research in New Zealand. He currently leads the Chinese arm of a new Health Research Council funded 5-year multi-cultural research programme on establishing dementia prevalence, exploring experiences and expectations of dementia care, and co-creating strengths-based whole-of-system solutions to improve access and quality of dementia care in New Zealand.

Raymond Ching

Raymond Ching is the Department Manager of Occupational Therapy and Hospital Occupational Safety and Health Coordinator of North District Hospital, Hospital Authority, Hong Kong. Raymond obtained the Certified CST-HK Practitioner Training in 2017 and initiated the provision of regular group CST for more than 900 patient attendances under the lead from 10+ CST trained therapists from 2018-24. In 2020, Raymond led the development and implementation of a project on home therapy for dementia which had led to successful transition of therapy from hospital to community. The project and team has drawn a series of multimedia interviews, and won the Hospital Authority Young Achiever Award 2023 and Best Presentation Award in Asia-Pacific Health Leadership Congress 2023. Raymond is registered occupational therapist, Fellow of Hong Kong College of Health Service Executives, Fellow of Australasian College of Health Service Management, and Member of Hong Kong Institute of Occupational and Environmental Hygiene. His clinical interest covers dementia care, age-friendly environment, activity-based intervention for palliative care and occupational hygiene for aging workforce.

Jacky Choy

Jacky Choy is a research assistant professor at the Department of Social Work and Social Administration of The University of Hong Kong. His research interests focus on building the capacity of lay persons to deliver dementia care and interventions, as well as promoting public family preparedness for caregiving. In recent years, Jacky has been supporting multiple CST research projects, examining CST delivered by professionals, volunteers, and family caregivers. From 2018 to 2023, he served as the coordinator of CST training course in Hong Kong. Jacky teaches postgraduate courses on mental health problems in older adults and evidence-based dementia interventions. He is also a founding member of the Dementia Training Academy at University College London.

Makrena Dudley

Dr Makarena Dudley, (Te Rarawa, Ngati Kahu), is a Clinical Neuropsychologist and Senior Lecturer in the School of Psychology and Deputy Director Māori for the Centre for Brain Research at the University of Auckland. She has worked as a clinician for 20 years although much of her time now involves conducting research projects involving Māori, and mate wareware (dementia). Her projects include the development of a Māori-appropriate diagnostic tool (the MANA), and a mate wareware website, and app. She has led the adaptation of the Cognitive Stimulation Training programme to be culturally appropriate with Māori. Makarena has recently been awarded funding to conduct a nation-wide mate wareware prevalence study with Māori.

Rikke Gregersen

Rikke Gregersen is senior researcher, PhD, MSc, VIA Research Center for Disease Prevention, VIA University College, Denmark. She leads research that contributes to qualifying the psychosocial care of people with dementia. She is coauthor of the Danish manual in CST and has for the last 5 years been studying the effect of digital-mediated CST. Furthermore, she is involved in pilot research studying the participants' wellbeing and cognitive effects using CST to people with mild cognitive impairment and people with Downs Syndrome who have concurrent dementia. Rikke is part of the pan-European INTERDEM research collaboration.

Yueqin Huang

Professor Yueqin Huang got her Bachelor of Medicine, Master of Epidemiology, and PhD of Psychiatry and Mental Health from Peking University. She is a psychiatric epidemiologist and the director of the Division of Social Psychiatry and Behavioral Medicine in Institute of Mental Health of Peking University. She is the vice-president of China Association of Rehabilitation of Disabled Persons, and the Executive member of Rehabilitation International and the chair of Commission of Health and Function. She is principal investigator of a series of research projects and international collaborations. She has published 392 papers in academic journals and is editor-in-Chief of 11 books.

Michelle Kelly

Michelle has a doctorate in Behavioural Psychology and completed her post-doc as an Early Intervention Coordinator with the Alzheimer Society of Ireland and the Institute of Neuroscience in Trinity College Dublin. Michelle has been involved in the research and development of evidence-based interventions for dementia for over 10 years, has run numerous CST groups and has published on an all-Ireland CST research study. In June 2018, she became an accredited CST trainer. To date, Michelle has delivered over fifteen CST training events and has trained approximately 300 people in Ireland to deliver CST.

Martin Knapp

Martin Knapp is Professor of Health and Social Care Policy at the London School of Economics and Political Science (LSE), based in the Department of Health Policy. He is also Professorial Research Fellow in the Care Policy and Evaluation Centre at LSE. Martin's main research interests are in the areas of social care, child and adult mental health, dementia and autism, often using economic arguments and evidence to inform policy discussion and practice development. Since 2023, Martin has been Programme Director for the Research Programme for Social Care, part of the National Institute for Health and Care Research (NIHR) in England.

Isabelle Kwan

Isabelle Kwan is a trainee clinical psychologist in her second year of training at University College London's (UCL) Doctorate in Clinical Psychology. She has worked in a wide range of mental health settings from specialised services such as the North West London Long Covid psychology service to services serving clients across the lifespan experiencing various emotional, behavioural, and mental health difficulties. Currently, she is focused on developing the UK's first psychological model of care in care homes as the clinical psychology team supports the homes as permanent staff instead of as an external team coming in for consultations. She works to build a robust and evidence-based model of psychological care for older people through instilling psychological input in Residential, Nursing, Dementia, Respite, and Palliative Care.

Man Tsz Ying, Stephenie

Stephenie is working as Therapist Supervisor (Occupational Therapist) in Elderly & Community Care Services under Christian Family Service Centre (CFSC). She has been working in elderly services over 10

years and focusing on dementia care services in Mind Delight Centre Memory and Cognitive Training Centre since 2017. Besides clinical and supervisory works, she heavily involved in development of CST and dementia care education. She had taught over 15 batches of certified CST practitioner course for professionals in Hong Kong, developed Mind Delight CST games and gave a variety of dementia education to elderly care staff and caregivers over the past few years. Recently she supports CFSC in development and implementation of different services with integration of CST.

Daniel C. Mograbi

Daniel Mograbi completed a BSc in Psychology at the Federal University of Rio de Janeiro, and a PhD in Psychology and Neuroscience at the Institute of Psychiatry, Psychology & Neuroscience, King's College London. He is currently associate professor at the Pontifical Catholic University of Rio de Janeiro, also working as a visiting researcher at King's College London. His main area of interest is self-awareness in clinical groups, using a variety of methods to explore this topic in neurological and psychiatric patients. From 2016-2019 he was a Newton Advanced Fellow by the Royal Society and Academy of Medical Sciences, UK. In 2019, he was presented with the International Neuropsychological Society Early Career Award for his contribution to research in the area of brain-behavior relationships.

Martin Orrell

Professor Martin Orrell is Director of the Institute of Mental Health, a partnership between the University of Nottingham and Nottinghamshire Healthcare NHS Foundation Trust. He led the research to develop and evaluate Cognitive Stimulation Therapy (CST) for dementia. CST is now established in NICE dementia guidance and in use in 30 countries. He has been awarded 7 major dementia care research grants totalling £17 million and has published 350+ academic papers. He is Chair of the Memory Services National Accreditation Panel (MSNAP). He is an NIHR Senior Investigator, President of the European Association of Geriatric Psychiatry, a Board member of INTERDEM, and Editor of the international journal Aging & Mental Health.

Isobel Sanger

Occupational Therapist and Team Leader of a multidisciplinary community allied health and medical service for people with dementia based in Melbourne, Australia. Member of the Australian CST working group and involved in research and evaluation of CST in the Australian context.

Aimee Spector

Aimee Spector is Professor of Clinical Psychology of Ageing and Director of the International Cognitive Stimulation Therapy (CST) centre at University College London, see www.ucl.ac.uk/international-cognitive-stimulation-therapy. This involves working with over 39 countries and supporting CST for dementia training centres in Hong Kong, the US, Denmark, Norway, Germany, Australia, Brazil and New Zealand. Her expertise lies in the global development and evaluation of complex interventions for ageing. More recently, this includes the establishment of the UCL Menopause Mind Lab, see <https://www.ucl.ac.uk/pals/research/clinical-educational-and-health-psychology/research-groups/menopause-mind-lab>. Her research includes the evaluation of a range of interventions including Cognitive Behavioural Therapy, Compassion Focused Therapy and Mindfulness. She has published over 170 peer-reviewed papers, 4 book chapters and 12 books. She is international lead for University College London's Clinical Psychology doctorate course.

Choi Ying Tong

Tong is the Programme Director of Christian Family Service Centre (Elderly care) supervising elderly care service for more than 10 years. She has set-up the Mind Delight Memory and Cognitive Training Centre in

Hong Kong which provides specialised services for people with dementia since 2010. Her centre currently collaborates with The University of Hong Kong to provide Certified CST Practitioner Training for care professionals in Hong Kong. She also initiated home-based intervention for people with dementia in her centre since 2010 and developed online intervention during the period of COVID-19 pandemic. She is currently focusing on development of new approaches like living enablement and integration of CST into live-oriented training.

Huali Wang

Professor & Chair, Peking University Institute of Mental Health (Sixth Hospital)

Dr. Huali Wang is Professor of Geriatric Psychiatry, executive director of Dementia Care and Research Center at Peking University Institute of Mental Health. She is the Vice President of Chinese Society of Geriatric Psychiatry. Dr. Wang is the Deputy Editor of *International Psychogeriatrics*.

She set up the first dementia caregiver support group in China in 2000, developed and tested a community-based family caregiver support program in Beijing, and developed the concept of dementia continuum care and implemented the concept in community-based dementia care. Dr. Wang leads the national initiative to implement social prescribing to promote older adults' mental well-being in China (2021-2025). She has joined the panel of WHO iSupport and working group of the WHO priority setting exercise on dementia research, participated in the advisory board of WHO West Pacific Regional Office to develop the toolkit for community-based dementia care in low and middle-income countries, been designated by the National Health Commission (NHC) as the WHO Global Dementia Observatory Focal Point for China, and drafted the National Geriatric Mental Health Plan which was one of the key elements of the 13th Five-Year Plan for Health Aging. Recently, Dr. Wang is designated as the executive for implementing the NHC Dementia Prevention and Care Promotion Initiative (2023-2025).

Gloria Wong

Gloria received her undergraduate training in Philosophy & Psychology and PhD training in Psychiatry from The University of Hong Kong. Her research aims to apply knowledge of these disciplines to improve wellbeing of people with mental health needs, including dementia and psychosis, and preventive mental health in older people and young adults. Her previous government consultancy research has facilitated the routine provision of the Dementia Community Support Scheme, improving access to care and intervention for thousands of families living with dementia every year. She has also been co-leading two large-scale preventive mental health programmes, [JC JoyAge](#) and [LevelMind@JC](#), to develop with stakeholders models of effective community mental health prevention. These research projects have translated into over 130 international peer-reviewed journal papers, six book chapters, and two books, including the latest Cambridge title [Casebook of Dementia](#). Beyond academic research, Gloria actively serves the community by advising NGOs and supporting professional/public education. She is currently Director of Training for Cognitive Stimulation Therapy-Hong Kong, and is a member of the Executive Committee of the Hong Kong Alzheimer's Disease Association. She has trained over 900 health and social care professionals from Hong Kong, Macau, mainland China, and nearby regions.

Jason Wong

Jason is a Registered Social Worker in the UK and a Fellow in Thanatology (FT®) in the USA. He is currently pursuing a Doctorate in Clinical Psychology at University College London. With over a decade of extensive clinical experience, Jason has worked in various non-profit organizations and government sectors in Hong Kong and the UK. His academic interests are primarily centred on older adults, dementia, end-of-life care, and bereavement support. Jason is deeply passionate about promoting community wellbeing. He approaches his work with professional integrity and a humanistic perspective, striving to enhance the quality of life for individuals and communities through compassionate care and rigorous professional standards.

Winsy Wong

Dr. Winsy Wong is a research assistant professor at the Department of Chinese and Bilingual Studies, Faculty of Humanities of The Hong Kong Polytechnic University. She obtained her qualifications in speech therapy and her PhD from The University of Hong Kong. She is also a certified CST Trainer. Winsy's research interests include the theoretical and clinical aspects of aphasiology, rehabilitation of individuals with neurogenic communication disorders, cognitive processing of adults, and inter-professional collaboration in long-term care of individuals with stroke or dementia.

Anna Zhang

Dr Anna Yan Zhang got her PhD at the University of Hong Kong in 2020 and now works as the research manager of the Jockey Club End-of-life Community Care Project under the Faculty of Social Sciences. During PhD, she studied the action mechanism of non-pharmacological interventions for persons with dementia during Ph.D learning and contributed to developing the Hong Kong version of cognitive stimulation therapy (CST). Locally, she is a registered social worker and a certificated dementia care planner. She was an accredited assessor of the standardized care need assessment mechanism for elderly services under the Social Welfare Department (HKSAR) in Hong Kong. Internationally, she is also a certified trainer of CST of interventional CST center at the University of College London, quality end-of-life care for all (QELCA) certified by St. Christopher Hospice, and Certified in the Thanatology (CT) of the Association for Death Education and Counseling of the United States. Her broader practice and research interests include geriatrics and gerontology, mental health, dementia care, family caregiving, and end-of-life care.

Nahid Zokaei

Nahid is currently the clinical director at Brain+, a health-tech company that develops solutions for dementia treatment and management. She completed by BSc in Experimental Psychology (2006-2009) at University College London (UCL). She stayed on to start my PhD, funded by the Brain Research Trust, at Institute of Cognitive Neuroscience and Institute of Neurology, UCL, under supervision of Prof. Masud Husain and Prof. Geraint Rees (2009-2012). She then held two postdoctoral positions in the Cognitive Neurology (2012-2014) and the Brain and Cognition Labs (2014-2015) before starting her British Academy Postdoctoral Fellowship in University of Oxford. She remained in University of Oxford until 2023, as a University Lecturer and senior research Fellow, in the department of Experimental Psychology and Oxford Centre for Human Brain Activity, before starting her role at Brain+.