



Cognitive Stimulation Therapy  
Platform & App

# Our Objective

Our mission is to bring a beneficial impact on people living with dementia through a digital platform that can deliver Cognitive Stimulation Therapy (CST) by anyone to everyone, everywhere.

The team at Memory Matters do not see a life with dementia through the filter of loss of ability but rather through a filter of possibility and have a vision of a world where people living with dementia are empowered and thriving in their communities.

# Who Are We?

## Memory Matters

Memory Matters is a Community Interest Company (CIC) based in the UK that has been managing projects and services for people living with dementia for over 12 years.

These projects have been designed, developed, and built to enrich the lives of people affected by dementia.

[memorymatters.org.uk](http://memorymatters.org.uk)

## Memory Tracks

Memory Tracks is a UK-based company that has been researching and delivering technologies that support well-being and people living with dementia since 2018.

Memory Tracks are commissioned by Memory Matters as the technology partners for the delivery of the digital CST app, bringing an experienced team in health-related technologies.

[memorytracks.net](http://memorytracks.net)

# What is CST?

Cognitive Stimulation Therapy (CST) is an evidence-based treatment for people with mild to moderate dementia and recommended in the UK Government NICE guidelines.

Group CST treatment involves 14 core sessions of themed activities, followed by top-up sessions.

The therapy aims to actively stimulate and engage people with dementia, and bring the social benefits of a group. CST is particularly effective with language skills and comprehension and has also shown to increase quality of life.

## Outcomes

Here are some of the outcomes Memory Matters has seen from those that have participated in their CST program:

- 74% reported increased confidence
- 96% made new friends
- 64% experienced improved mental and emotional well-being
- 73% improved their quality of life

<sup>1</sup>[www.cstdementia.com/page/the-evidence-base](http://www.cstdementia.com/page/the-evidence-base)

# What are we doing?

Prior to the Pandemic, CST was largely delivered in-person by trained facilitators. During the first weeks of the COVID crisis Memory Matters worked quickly to move their community Memory Treatment Groups online. This process was successful in showing that CST could be provided remotely, but also showed the challenges of transferring a person-to-person service to the digital world.

The app will be the first digital CST platform that will enable the delivery of session remotely by trained facilitators, dementia care professionals or family carers. It offers the opportunity to extend the reach of CST globally, and at the same time simplify the process and reduce the cost of CST delivery.

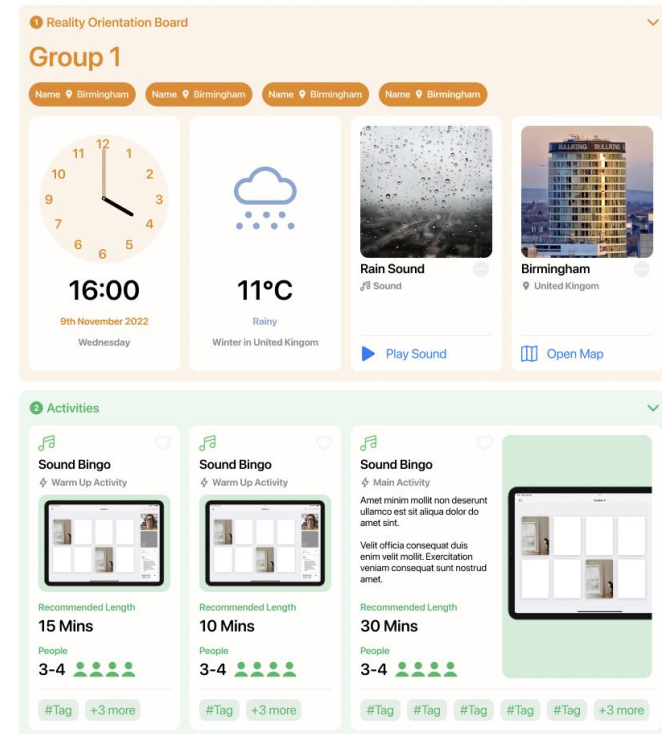
In partnership with Memory Tracks, the team is working with CST facilitators and users to design and develop the platform.

# How are we going to do it?

The vision is to develop a simple to use platform for tablet devices (iPad or Android) to enable CST facilitators to plan and deliver sessions. They will be able to schedule, plan and present their programmes to remote groups with a wide range of activities and prompts.

Participants will have easy access to their sessions via a video-calling interface running in the Memory Matters app. They and their carers will also receive session reminders through the app and via email.

The entire system is being built as a framework so that content and language can be switched. Our goal is to develop a system that can serve any community across the globe.

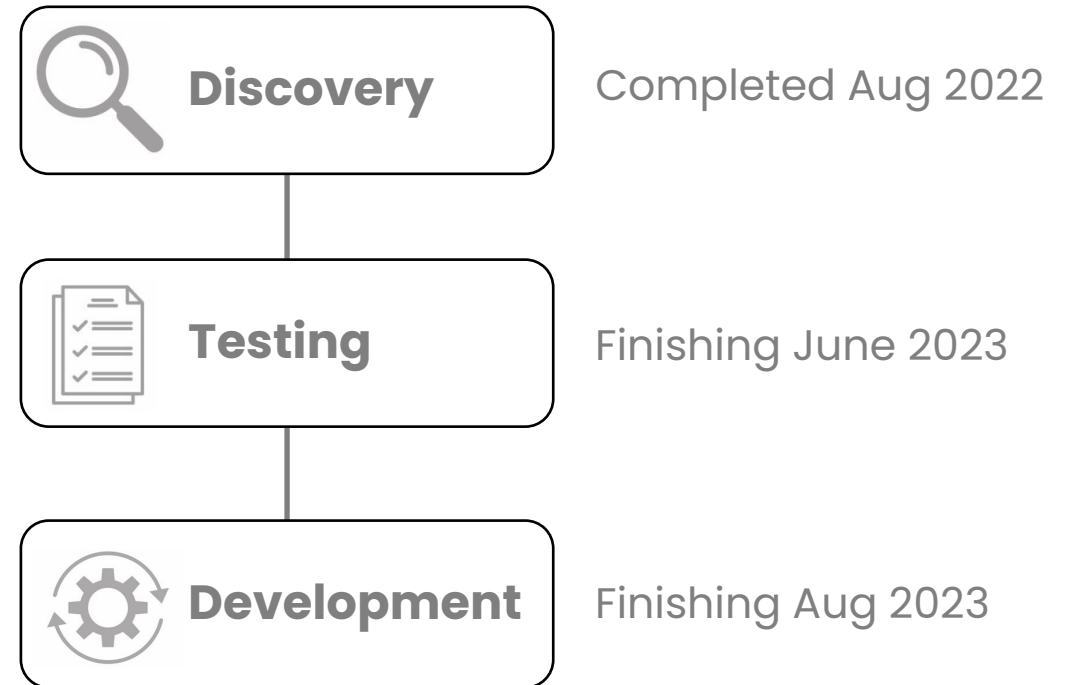


# How is it being developed?

The development has received funding from the UKRI Healthy Ageing strand and will be completed in September 2023,. It will be available on iOS and Android platforms..

The team brings in a wide range of skills and expertise that includes CST practitioners, dementia care specialists, working alongside experts in health technologies, user experience design and app coding.

We are using an inclusive design process throughout, that includes surveys, consultation and app testing with both facilitators and people living with dementia.



# Living with Dementia

- More than 55 million people live with dementia worldwide, and there are nearly 10 million new cases every year
- Dementia is a leading cause of disability, dependency and death among older people
- Dementia has physical, psychological, social and economic impacts, not only for people living with dementia, but also for their carers, families and society at large.
- The predicted global societal cost of dementia will surpass US\$2.8 trillion by 2030 as both the number of people living with dementia and care costs increase.

CST is delivered face-to-face in over 36 countries:

Argentina	India	Portugal
Australia	Indonesia	Russia
Brazil	Israel	Singapore
Canada	Italy	South Africa
Chile	Ireland	South Korea
China	Japan	Spain
Croatia	Malaysia	Taiwan
Denmark	Nepal	Tanzania
Egypt	New Zealand	Thailand
Germany	Nigeria	Turkey
Greece	Norway	The Netherlands
Hong Kong	Philippines	United States

Our long-term goal is to make digital CST available across these countries and their diverse cultures.



# Thriving with Dementia

As an evidenced-based therapy, we know that CST can make a significant difference to the lives of people living with dementia. Our digital platform will enable us to reach many more people to help them and their families thrive.

## Contacts

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