

What are non-drug treatments for dementia?

There is no cure for dementia yet. There are ways of treating some symptoms without using drugs. Looking after your health will help you to live well with dementia.

Cognitive stimulation therapy (CST)

CST is a range of activities. These help to keep the brain active. You might do puzzles, talk about the news, or do something creative like singing.

Cognitive rehabilitation

A professional will work with you to do something you're finding difficult. This gets parts of the brain that are working to help the parts that are not.

Life story and reminiscence work

These treatments can improve your mood, wellbeing and memory. Life story work uses a scrapbook, photo album or app. You record and talk about important things from your life, to help remember them.

Reminiscence work uses photos, objects or music to talk about your past.

Music and creative arts

Being creative can help. Making music, dancing and painting can keep the brain active.

Complementary therapies

Aromatherapy, massage or bright light therapy can be used as well as other treatments. If you are interested in trying them, consult to your Doctor or medical clinic for advice. Always make sure the therapist is properly trained.

To read more: go to www.pelonomi.com/dementia/.
For more information about our helpsheets, go to www.pelonomi.com/dementia/support/helpsheets/

Pelonomi Foundation is here for you. If you are worried about dementia, email us on dementia@pelonomi.com. We can arrange to speak with you in any language.

