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Poster Abstract

## How having exepertose does not make you the expert

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## Abstract

While there's a clear strategy around improving people's ability to live at home, if individuals can't communicate in a social setting, then they can't be part of a strong and supportive community.

The focus of this project was the introduction of Cognitive Stimulation Therapy Groups – a person-centred, evidence-based group programme for people with mild to moderate dementia. Where, previously, the community staff in the day care centre had had little or no involvement in the therapy required to maintain communication skills amongst their clients, this project meant everyone – therapists, social care staff, carers –all had a role to play in keeping communication skills active, and individuals engaged in their community settings. Learning and good practice was shared in both directions rather than SLTs coming in as the “experts”. This was much more person-centred, sustainable and engaging. It has relevance for the development of dementia friendly communities.

## Keywords

**communication; dementia; cognitive; therapy**

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## PowerPoint presentation

<http://integratedcarefoundation.org/resource/icic15-presentations>