

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. You might want to try an Alzheimer's Society Singing for the Brain group. For more ideas see booklet 1506, **Keeping active and involved.**

Complementary therapies

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



Booklet 872, **The dementia guide: Living well after your diagnosis** has more information. To read it, go to alzheimers.org.uk/dementiaguide. For more information about our helpsheets, go to alzheimers.org.uk/helpsheets



Alzheimer's Society is here for you. If you are worried about dementia, call us on **0333 150 3456**. We can arrange to speak with you in any language.



Join Talking Point, our online community of people affected by dementia – go to alzheimers.org.uk/talkingpoint
To find support in your area, go to alzheimers.org.uk/dementiadirctory

