

Cognitive Stimulation Therapy Facilitators Course

CQC Five Key Questions – Evidence Summary

1. SAFE: Are people protected from abuse and avoidable harm?

- CST provides structured, supervised activities led by trained facilitators, reducing boredom, distress, and the risk of behaviours that may cause harm.
- Participants are carefully selected to ensure suitability, with clear safeguarding awareness and risk assessments for group work.
- All facilitators are trained in creating a supportive, non-threatening environment where residents feel secure.

2. EFFECTIVE – Does care, treatment, and support achieve good outcomes, help maintain quality of life, and is it based on best available evidence?

- CST is an evidence-based intervention recommended by NICE for people living with early to mid-stage dementia.
- Research shows CST can produce cognitive benefits equivalent to some drug treatments—without side effects.
- Our training equips staff to deliver structured sessions, track engagement, and measure outcomes, ensuring continuous improvement.

3. CARING – Do staff involve and treat people with compassion, kindness, dignity, and respect?

- CST is centred on meaningful interaction, listening to residents' stories, valuing their contributions, and treating every participant with warmth and respect.
- Activities are designed to build confidence, encourage self-expression, and help people feel valued as individuals.
- Families are informed of progress, giving reassurance that their loved ones are supported with kindness and skill.

4. RESPONSIVE – Are services organised so that they meet people's needs?

- Sessions are planned around residents' interests, abilities, and preferences while following the CST framework.
- Flexible delivery ensures inclusion of new residents and adapts for cultural, linguistic, or physical needs.
- Documented outcomes provide evidence for Responsive in CQC reports, showing how activities directly meet assessed needs.

5. WELL-LED – Does the leadership, management, and governance ensure high-quality care and an open, fair culture?

- This course empowers activity coordinators and dementia leads to run CST groups confidently and sustainably.
- Clear documentation, evaluation, and reflective practice are embedded to ensure consistency and quality.
- The programme promotes a positive culture where innovation and evidence-based practice are valued.