

What are non-drug treatments for dementia?

Looking after your health and staying active will help you to live well for as long as possible. Professionals in health and social care use other ways to help you with your dementia without using medicines.

Cognitive stimulation therapy (CST)

CST involves doing 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 may help you recall pleasant memories, and can help improve your mood and wellbeing. 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** has more information.
To read it, go to [alzheimers.org.uk/dementiaguide](https://www.alzheimers.org.uk/dementiaguide)



We are 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 our online community of people affected by dementia – go to forum.alzheimers.org.uk
To find support in your area, go to [alzheimers.org.uk/dementiadirectory](https://www.alzheimers.org.uk/dementiadirectory)



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