

Rehabilitation sessions

We offer programmes for groups as well as individuals.



Our programme offers CST and reading groups.

We create groups and individual sessions tailor-made to meet people's needs.

Cost: Depends on the package required, such as individual or group sessions and venue. We aim to keep costs affordable.

Some Ministry of Health funding may be available.

Contact details

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Who are Cognitive ConnectionNZ?

Claire Thompson and Liz Morton have over 10 years' experience in the field of neurocognitive assessment and rehabilitation. Claire is a registered social worker. Liz is a registered occupational therapist. We are both CST and shared reading trained facilitators.

We strongly uphold the principle of rehabilitation in the area of brain function.

We have worked with people in aged care facilities and in the community, along with their carers and families. We both have personal experience of family members with dementia.

Through our personal and professional experience, we offer an approach that enhances both quality and enjoyment of life. Our rehabilitation programmes provide fun and effective ways of maintaining cognitive function and social connection.

We look forward to hearing from you.



Rehabilitation programmes for people experiencing cognitive difficulties



He ara hou mō te hirikapo hihiri
New pathways for working minds

Memory loss, confusion, struggling with words?

You may know someone struggling with these issues. Perhaps they have a diagnosis of mild cognitive impairment or dementia.

After a lifetime of never giving these issues a second thought, they can find cognitive difficulties a big challenge. Experiencing them can be stressful, undermine self-confidence, and at times lead to anxiety and depression.

Finding new pathways for working minds

Our rehabilitation programmes can provide new hope for those concerned about the effects of cognitive difficulty.

We offer Cognitive Stimulation Therapy (CST) and reading groups, separately or in combination. They can help participants make new connections – through mental stimulation and by keeping them in touch socially and with the world around them.

All in a fun and supportive environment!

CST programme

Cognitive Stimulation Therapy is an internationally recognised programme aimed at stimulating the working mind. Research has shown that CST is as effective as medication prescribed to preserve brain function.

Themed sessions use recall and routine to help with focus, mood, concentration, remembering, language and much more!

Activities include number and word exercises, current affairs, discussions, creativity, categorisation and light physical movement.

We can carry out assessments before and after participation to help both you and us evaluate the benefits of involvement.

Please talk to us about this.



Dementia-friendly Reading

This can be in a group or delivered individually. We aim to help people continue to enjoy the experience of reading. We select reading materials to suit our readers.

Shared reading enhances memory, listening skills, concentration, mood and social interaction.