



# Memory Connections

*For older adults living with  
early stage changes in cognition*

**Memory Connections** is a comprehensive lifestyle program that empowers you to take control of memory changes in your life. We believe you can take a proactive approach – and set yourself on a positive trajectory – to maintain your quality of life.

## The Program Includes:

- Cognitive Stimulation Therapy
- “The Trailhead” Brain Health Series
- Support Groups
- Weekday Enrichment Activity Schedule
- In-Person Meetups
- Personalized, Ongoing Support

## Program Cost:

The program fee is \$120 per calendar month.

We offer a sliding scale fee – please contact us to discuss options as we don’t want finances to be an obstacle to attending our program.

## **Contact Us for a FREE Consultation:**

Phone: (512) 763-2148

Email: [MemoryInfo@AGEofCentralTX.org](mailto:MemoryInfo@AGEofCentralTX.org)

*For more info,  
scan the QR code  
with your smart device!*

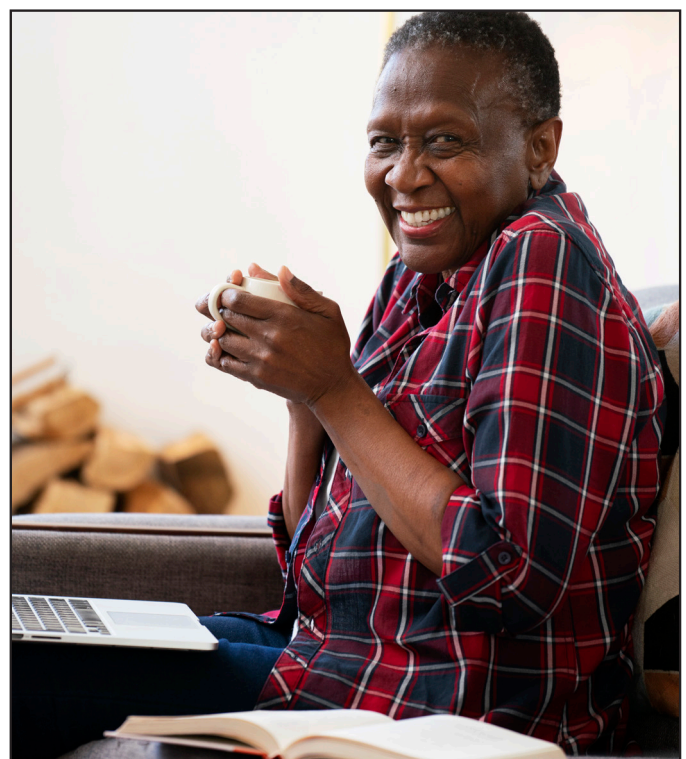


## What Is Cognitive Stimulation Therapy?

Cognitive Stimulation Therapy (CST) is an evidence-based intervention designed to actively stimulate cognitive processes.

Developed at University College London, CST address symptoms of dementia through a structured weekly program in a positive, social environment.

It is now offered in at least 35 countries worldwide including the U.S. – and now for the first time in Central Texas!



# What's Included:

**Cognitive Stimulation Therapy:** An evidence-based intervention designed to actively stimulate the brain in a positive social environment.

**"The Trailhead" Brain Health Series:** An exclusive program that equips you to make brain-healthy choices.

- **The Trailhead Workshop:** Start here with a 3-part series of one-hour sessions designed to ground and empower you. Participants will learn practical, evidence-informed approaches to optimizing life with cognitive changes. Though designed with the program participant as the primary audience, care partners may attend this workshop.
- **Ongoing Trailhead Groups:** After completing "The Trailhead" series, program participants can maintain their proactive approach with these recurring sessions to stay on track.

## **Support Groups:**

- Separate groups for Participant and Care Partner
- Get to know others who are in a similar situation to talk through challenges and share feelings in a safe space.

## **Daily Enrichment Activity Schedule:**

- Join us online up to 5 days a week for a varied schedule of engaging activities designed to provide stimulation, purpose, and fun!
- This will help you build routine and structure into your day while forming new friendships.

## **In-Person Meetups**

**Personalized, Ongoing Support:** review and discuss goals, create action plans, share feedback, and obtain referrals to services tailored to your evolving needs.

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