

CONNECT AT HOME™

Bringing Evidence-Based Cognitive Stimulation Therapy (CST) into Everyday Life

A therapist-guided program supporting families to deliver CST at home.



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Neurological Physiotherapist,
Dementia ConnectEd™

How It Helps?



Strengthen Thinking Skills

Use simple activities to engage and stimulate the brain



Build Confidence in Conversations

Feel more sure of what to say and how to respond



Support Meaningful Connection

Learn ways to engage that feel enjoyable and supportive



Enhance Mood and Wellbeing

Supports emotional wellbeing for both you and your person

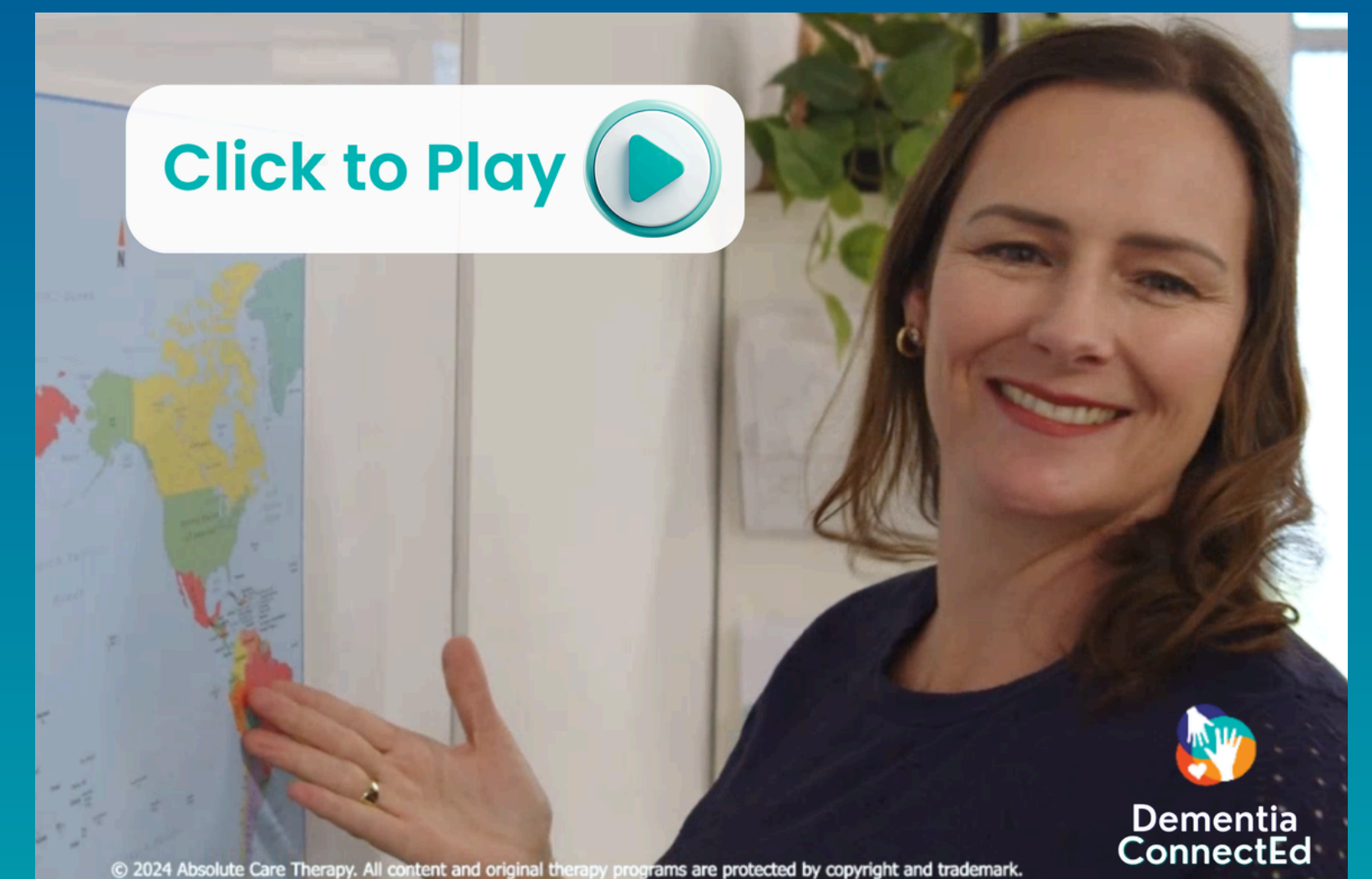


Carer Confidence and Wellbeing

Feel more confident, supported and guided in what to say and do

What a session might look like

Click to Play



THE CONNECT METHOD®

A structured framework that translates evidence into simple, practical strategies families can use every day.



Key references:

Loureiro et al. (2020) – Structural brain changes in CST
Desai et al. (2021) – CST systematic review and meta-analysis

Research shows the brain can still learn, adapt, and respond – even with dementia

Connect at Home™ Includes



Printed Handbook



Curated Resource Kit



20 Structured Sessions

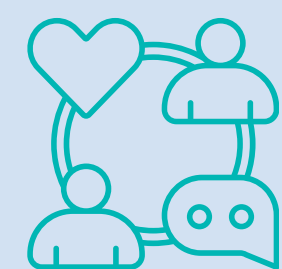


Adaptable session



3 months coaching

Why It's Different



Completed with a trusted person at home



Flexible and adaptable program to suit life



No appointments or travel required



Created by a neurological physiotherapist

Everything is provided, just open, put on the kettle and spend enjoyable time together



"The entire program is great, made easier by the videos. Have felt fully supported the entire time."



"I wish we had this when we first received a diagnosis."



Come and chat with me



Level 4, Pod 3
or scan to learn more
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Presenter

Amanda Burnby,
Neurological Physiotherapist (25+ years)
Founder, Dementia ConnectEd™



Dementia ConnectEd