LEARNING TOGETHER

as experienced at Centre for Adult Cognitive Stimulation “Clara Conrado”

Cognitive stimulation may be beneficial for cognitive function in old age in both people with and without dementia.


The evidence overall for the efficacy of cognitive stimulation is consistently positive. Efficacy has been demonstrated for group intervention by professionals and when administered one-to-one by carers.

World Alzheimer Report 2011
Non-pharmacological interventions for people with dementia
Chapter 4 - Which interventions are effective for people in the early stages of dementia? | Non-pharmacological interventions for people with dementia. Strategies to support and enhance cognitive function, page 44.

Iron rusts from disuse, water loses its purity from stagnation even so does inaction sap the vigor of the mind.

Si come il ferro si arrugginisce senza uso, e l’acqua nel freddo si addiaccia così lo ‘ngegno senza esercizio si guasta

Leonardo da Vinci