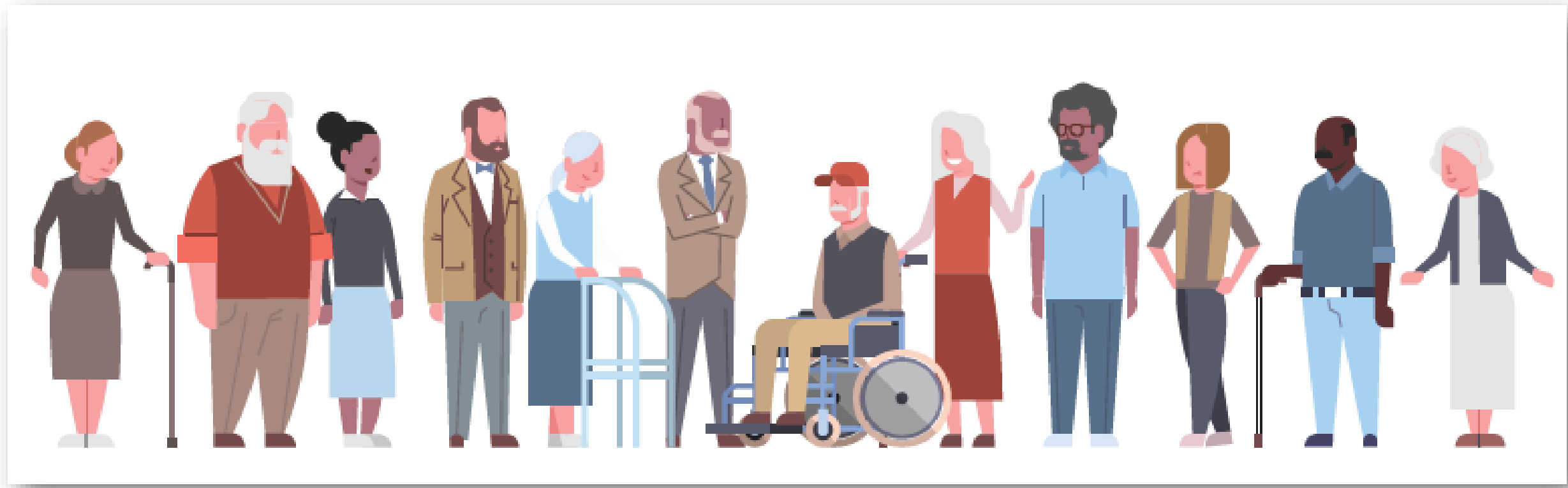


Making music an integral part of dementia care



@Grace_Meadows_

@MusicforDemUK



Joyce



Music isn't a nicety. It's a necessity for people living with dementia.

Music for Dementia is a national campaign to make music an integral part of dementia care in the UK.

There is no cure for dementia, but there is something readily available and easily affordable that can help.

That thing is music.

That is why we are calling for people living with dementia to have access to music as part of their daily care.

Add your voice to the campaign to show that you believe in the power of music for people living with dementia.

[Join us now](#)

Our mission

Our mission is to raise awareness of the power of music for people living with dementia



Your Music

How to access meaningful music and keep the music going via a personalised menu of choice

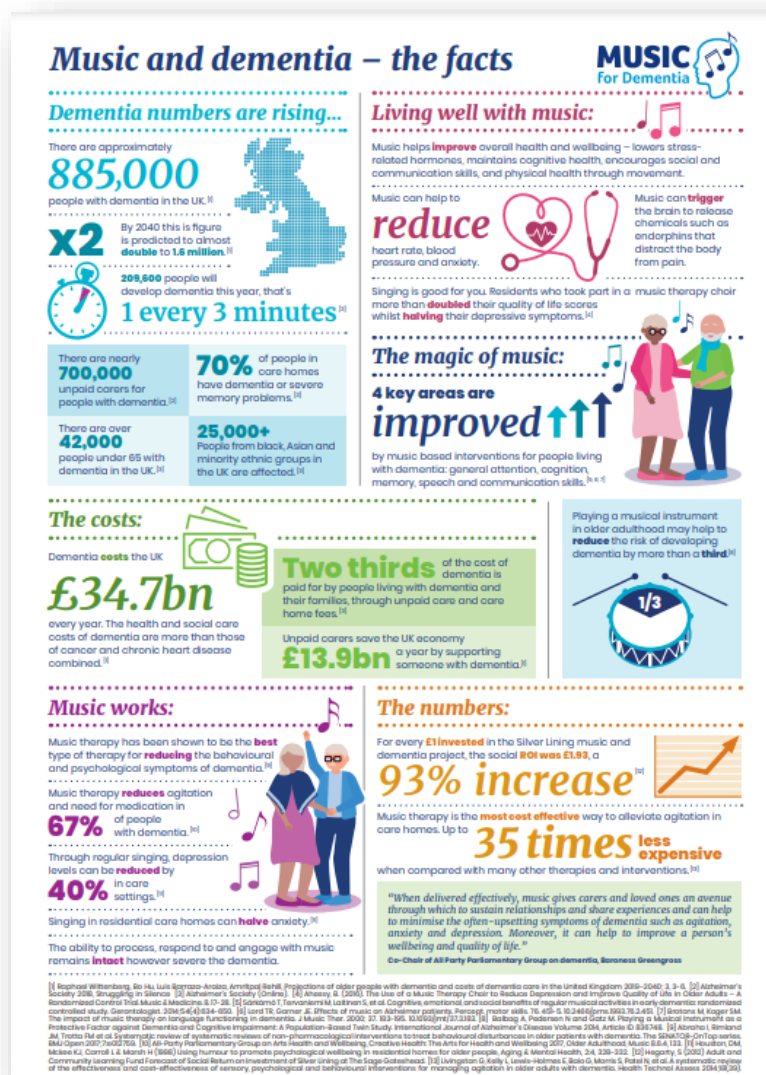


Our vision

Every person living with dementia has



Music & Dementia – the facts



Research & Evidence

Research and Evidence White Paper



What is the evidence that music-based interventions make a difference to people living with dementia and how strong is this evidence?

Below is a snapshot of some of the most compelling studies that demonstrate the value and impact music can have. It is not an exhaustive review of all research available but highlights those that we consider offer interesting insights into the subject. They examine a range of musical interventions in day and residential care settings from music therapy to singing in a choir, playing a musical instrument to listening to music. Further research is ongoing.

These studies are also referenced in an infographic **Music for Dementia – the facts**

Please Note: Strength of evidence ranges from 4 stars for 'strong' to 1 star for 'limited in scale & applicability' (author's assessment).

1 **Dementia: Treatment and Care** Music therapy choir can improve quality of life and reduce depression

SUMMARISED NAME OR DESCRIPTION OF STUDY: The use of music therapy choir to reduce depression and improve quality of life in older adults, RCT.		HEADLINE: Residents in both residential and day care took part in a music therapy choir – mean quality of life score improved by 57%, – depressive symptoms were reduced by 54%.
DATE OF PUBLICATION: 2016	STRENGTH OF EVIDENCE: ★★★	
REFERENCE: Aheay, B. (2016). The Use of a Music Therapy Choir to Reduce Depression and Improve Quality of Life in Older Adults – A Randomized Control Trial. <i>Music & Medicine</i> . 8. 17-28.		

2 **Dementia: Diagnosis** Music-based interventions can help people with dementia come to terms with their diagnosis and condition

SUMMARISED NAME OR DESCRIPTION OF STUDY: An evaluation of singing for the brain.		HEADLINE: Study of 20 participants showed that attending Singing for the Brain helped in accepting and coping with dementia.
DATE OF PUBLICATION: 2016	STRENGTH OF EVIDENCE: ★	
REFERENCE: Orman, S. E., Tischler, V., & Schneider, J. (2016). 'Singing for the Brain': A qualitative study exploring the health and well-being benefits of singing for people with dementia and their carers. <i>Dementia</i> , 15(6), 1326–1339.		

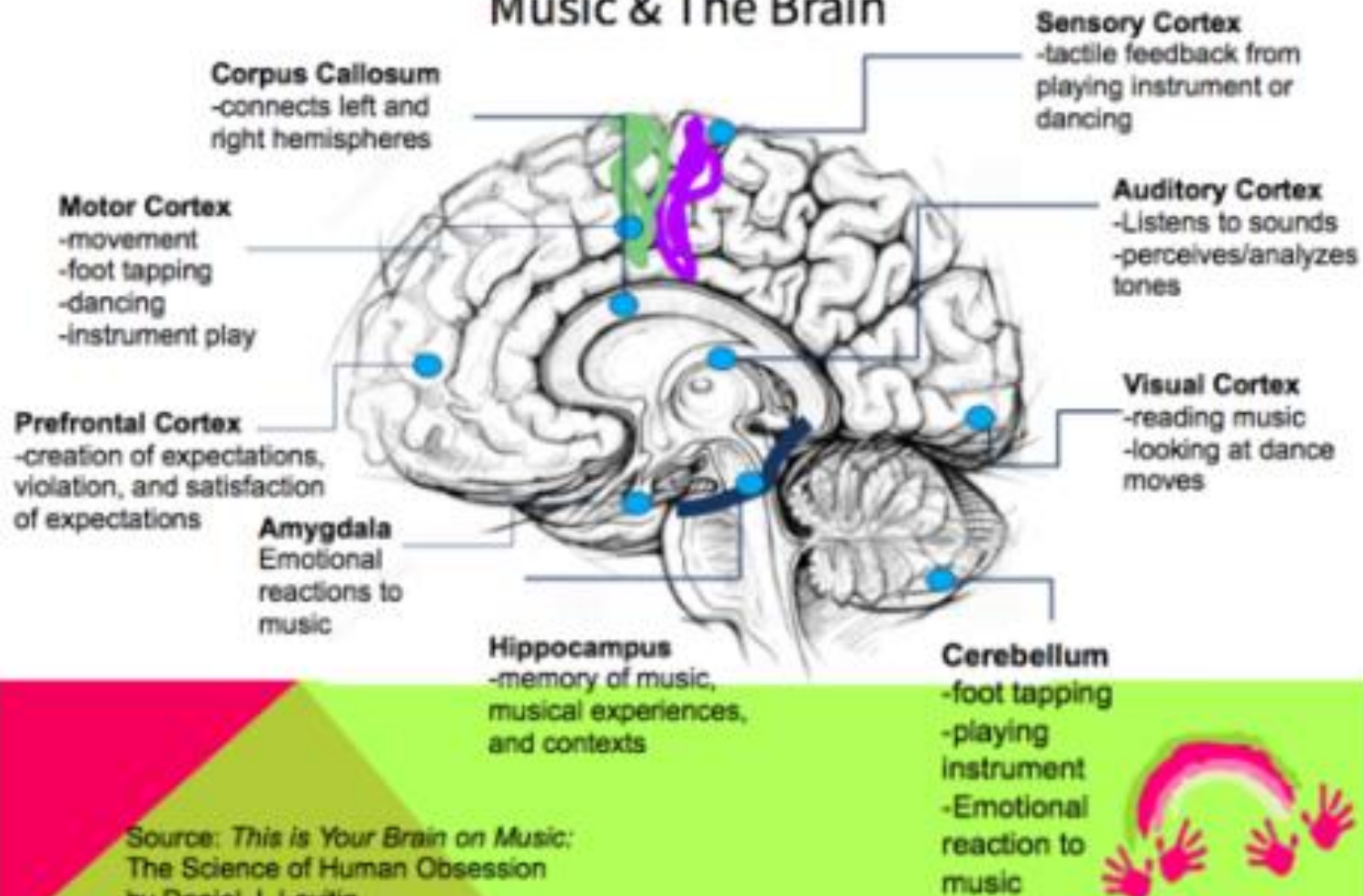
3 **Music therapy shown to be the most cost effective method of dealing with agitation in care homes compared to some other interventions**

SUMMARISED NAME OR DESCRIPTION OF STUDY: A systematic review of the effectiveness & cost-effectiveness of sensory, psychological and behavioural interventions for managing agitation in older adults with dementia.		HEADLINE: Music therapy estimated cost per unit reduction on a specialist agitation index, is £4 – compared to say £24 to £143 for sensory interventions or £6 to £62 for training paid caregivers in person-centred care or communication skills.
DATE OF PUBLICATION: 2014	STRENGTH OF EVIDENCE: ★★★	
REFERENCE: Livingston G, Kelly L, Lewis-Holmes E, Bao G, Morris S, Patel N, et al. A systematic review of the effectiveness and cost-effectiveness of sensory, psychological and behavioural interventions for managing agitation in older adults with dementia. <i>Health Technology Assess</i> 2014;18(39).		

4 **Dementia: Treatment & Care** MBIs improve general cognition & attention.

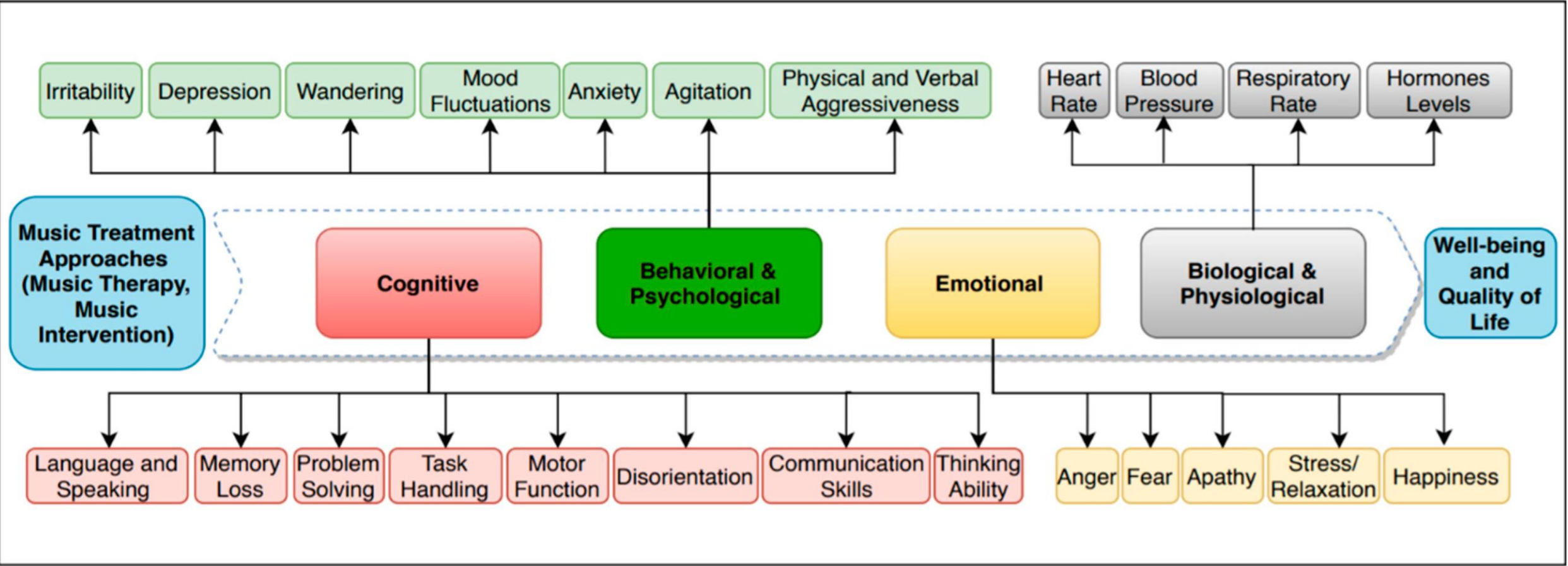
SUMMARISED NAME OR DESCRIPTION OF STUDY: Playing a Musical Instrument as a Protective Factor against Dementia and Cognitive Impairment: A Population-Based Twin Study.		HEADLINE: A study of 157 pairs of twins found that those who played a musical instrument in older adulthood were 36% less likely to develop dementia and cognitive impairment.
DATE OF PUBLICATION: 2014	STRENGTH OF EVIDENCE: ★	
REFERENCE: Baibag A, Pedersen N and Gatz M. Playing a Musical Instrument as a Protective Factor against Dementia and Cognitive Impairment: A Population-Based Twin Study. <i>International Journal of Alzheimer's Disease</i> Volume 2014, Article ID 836748.		

Music & The Brain



Source: *This is Your Brain on Music: The Science of Human Obsession* by Daniel J. Levitin





MUSIC AND MEMORY

Many types of memory

- Procedural
- Semantic

Importance of personalisation

- 100+ types of dementia
- Aversive – smooth and soothing

Changes over time

- Constant relationship
- Recognising different moments

More than a memory

- Working with a memory to connect in the here and now

**“When you’ve met
one person with
dementia, you’ve
met one person with
dementia.”**

Professor Tom
Kitwood



Why music and social care plans?

"If we take just a moment to consider how music has influenced our own lives, both emotionally and socially it isn't hard to then make the link between music and wellbeing. This is even more important for those people with dementia who may have lost some of those precious memories but may still feel the emotions music stirs up for them.

"This guide will support professionals and families and individuals receiving care to think about music as part of a therapeutic response to wellbeing. Care plans need to embrace what is important in someone's life, and not just describe the transactional care and support they need. When we include music in care plans, we immediately make them more personalised."

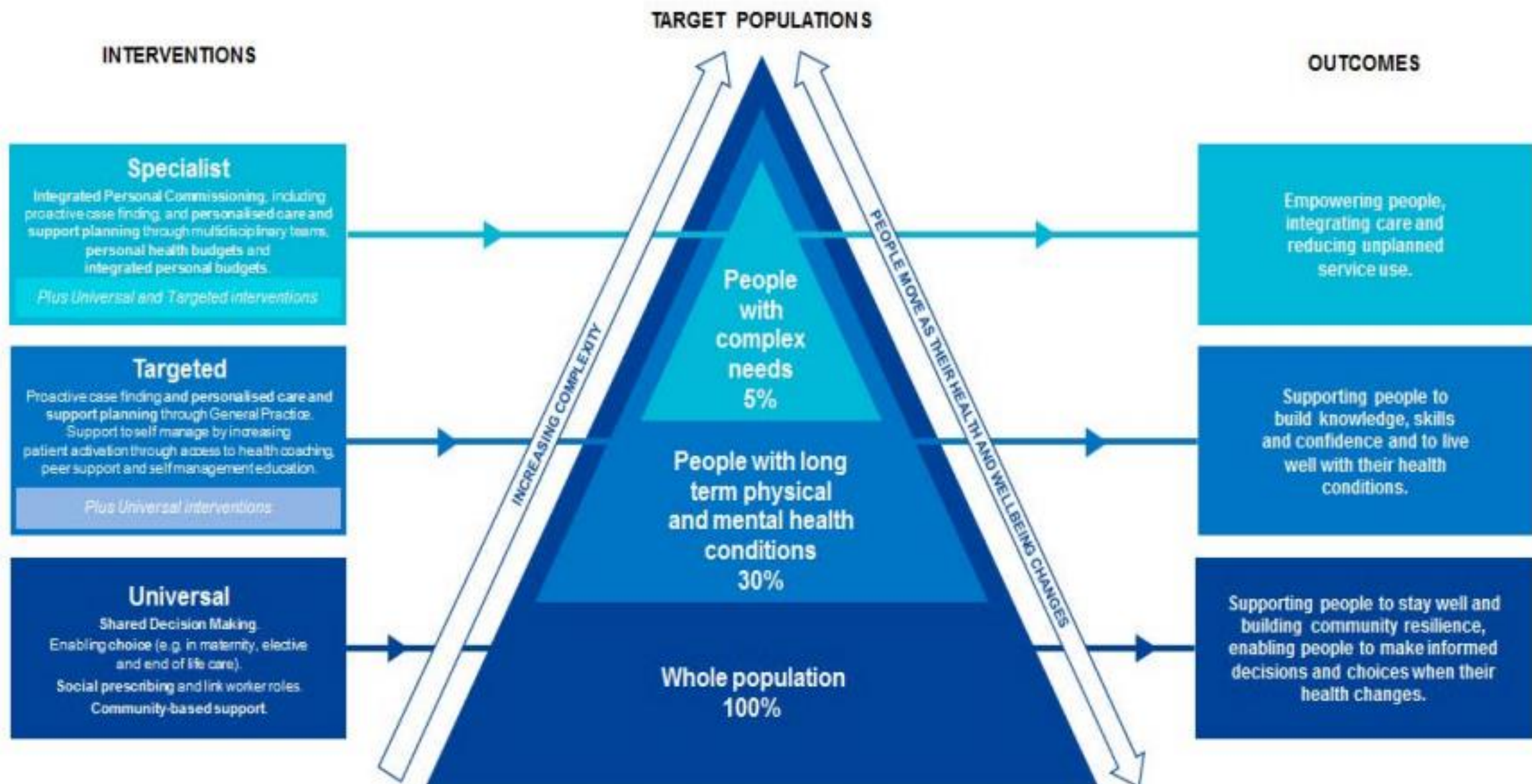
Fran Leddra
Chief Social Worker England



**Department
of Health &
Social Care**

Comprehensive Model for Personalised Care

All age, whole population approach to Personalised Care



MUSICAL PERSONALISED CARE

Level 3: A bespoke intervention

for people with dementia to improve particular aspects of their health and wellbeing

Level 2: A specific activity

in which people with dementia can participate and gain a wide range of benefits

Level 1: A universal experience

that people with dementia can experience and enjoy at any time



What does musical care look like?

Aiding personal care



Providing focus / stimulation
/ meaningful engagement



Supporting other
aspects of health



Supporting transitions

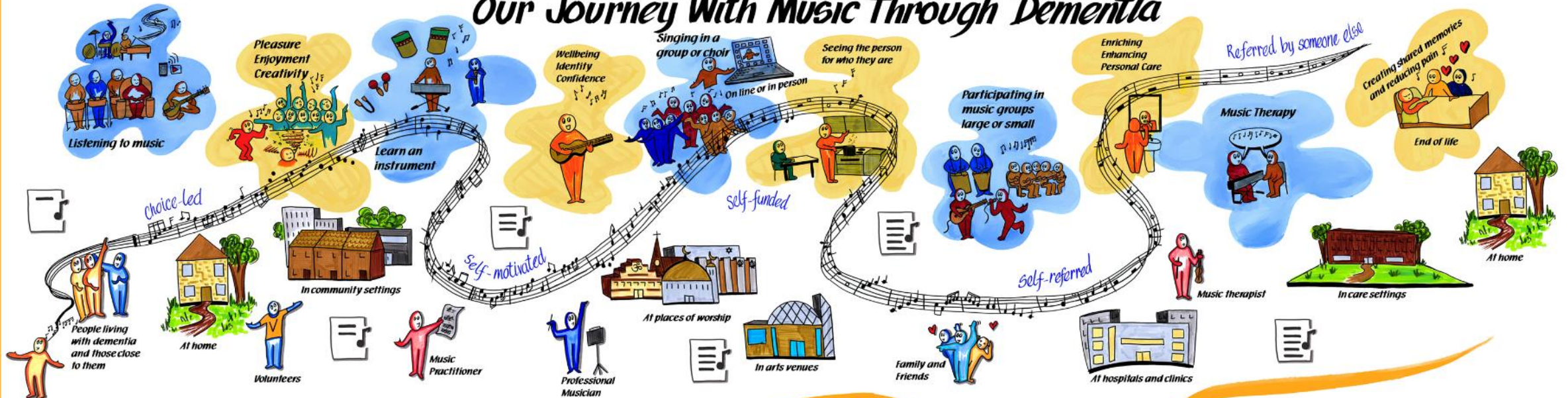


Supporting key
moments in the day



Musical Dementia Pathway

Our Journey With Music Through Dementia



1. Healthy Ageing

Music has always been a part of my life
 Creating, expressing,
 stimulating and inspiring
 Dancing through the years
 to the soundtrack of my life
 Keeping me healthy in my
 heart, head and mind
 Endless source of
 pleasure and comfort
 The music keeps playing
 So many songs, so many tunes,
 always more...

2. Supporting and enabling choice

Music brings so much into my life
 Listening, singing, playing,
 It's brought so much joy over time
 It's helped me connect,
 and stay connected
 It gives me a voice,
 lets people know who I am
 In bright times and dark days
 Music has always been a light
 So much love, so much pleasure,
 always there...

3. Staying Independent and Active (post diagnosis)

Things have been changing
 in ways I never expected
 Things I thought I knew
 don't seem the same any more
 So many questions,
 Who are you? Where am I?
 What does this all mean?
 I turn to my music,
 it's not changed, it's still there
 It still brings me pleasure,
 makes me smile, lifts my spirits
 So much ahead, so much unknown,
 But music will always be there...

4. Maximising Quality of Life (post diagnosis)

Every day I seek out my music
 when motivation is lacking,
 I reach for my vinyl
 I don't have to think
 My fingers find the groove
 I'm transported back to days gone by
 Hearing my music reassures
 and connects me,
 It lets me know that something
 will always stay familiar
 Even when faces aren't...
 So many memories
 So much changing
 Yet my music plays on...

5. Maximising Comfort (Palliative care and end of life)

Life looks and sounds so different now
 Words don't come easily and
 I don't know who I'm talking to
 I feel I'm in a different world
 I just want to get back to where
 it feels like home
 Those feelings of confusion
 and agitation fall away
 when I hear my music
 The words come back, I see smiles,
 I feel connected and belong again
 in an unfamiliar world
 It brings me back, it helps me be,
 my music is me...

6. The Musical Gift

I look back and listen to
 the soundtrack of my life
 The melodies, the songs,
 the tunes that shaped my life
 You listened to those songs
 You understood what they meant to me
 You knew how they could help me
 when nothing else would
 These songs are now your songs
 to remember me by
 May I live on for you through my music.

Making music a part of care plans

Have a musical conversation as part of a strengths-based assessment



The Musical Menu of Choice

Listening to music – attending concerts & performances

Playlists

Singing groups

Choirs

Playing instruments

Interactive / participatory music making

Music therapy



Right music, at the right time, in the right way,
by the right person

Use our 'How, What, When' template for recording musical preferences

Template for recording music needs and comments for care plans

Use and adapt this template to be a routine part of your strengths-based assessment for developing a care plan

Prompt on music	Response of person	Comment by social worker / link worker / other
Tell me about you and music	I've always loved music - used to sing lots as a child, especially with friends and at home	Singing is really important to Fred - what singing opportunities are available locally that Fred could take part in?
How important is music to you and why?	Music is really important to me - makes me feel happy and I get to enjoy myself	Singing is really important to Fred's sense of self, sense of belonging and connection to others and it provides a way to boost mood.
What kind of music do you enjoy most and why?	I have always loved the old classics like Frank Sinatra and anything from that time - have so many happy memories of me and friends enjoying this music	This music really matters to Fred and could be really useful to play when he needs reassurance, a lift in mood, reminding of good times.
What kind of music do you dislike and why?	Never have been a fan of war songs - that music doesn't mean much to me and it was music that a different generation enjoyed	Do not include this music in a playlist for Fred or a interactive music session -he doesn't have a connection to it.
What sort of music 'gets you going' and why?	I love anything with a swing, a bit of jazz, something with a melody I can sing along to and enjoy myself with	Upbeat, uplifting music from the 50s and 60s is a good place to start for Fred
What sort of music helps you feel relaxed and why?	I do love the classics - some of the orchestral things - not with singing just the orchestra. Really soothing.	He hasn't specified songs but orchestral music without singing, that's well known and familiar. Classic FM might be a useful starting point?

Include musical preferences high up in care plans, alongside other key information about needs and wishes

5 WAYS TO USE MUSIC

Music is a powerful tool in dementia care - from entertainment to activity to therapy, it can help with daily tasks, provide meaningful stimulation and health and wellbeing benefits. Use our handy tips from experts and celebrities to make music a part of your day.



MOOD CHANGER

Grace Meadows, Music for Dementia Campaign Director and music therapist

Music is our emotions put into sound. It sets off a series of chemical reactions in our brains, altering how we feel about ourselves and the world around us and helps to manage and regulate behaviour. Use familiar up-tempo music to lift mood and distract, or soothing music to calm and reassure.



MAKING NEW MEMORIES

Catherine Loveday, Professor of Cognitive Neuroscience

When we think of music, memories are often evoked. However, when we experience music, both old and new, in the here and now, we're also making new memories. For family and carers of someone living with dementia, that's happening across generations and those memories can be treasured for many years to come - remembering the person you care for through music, for who they are beyond their dementia.



PHYSICALLY CONNECTING

Sophie Scott CBE, Professor of Cognitive Neuroscience

Music that we love affects us - emotionally, physically, spiritually. Music can reach parts of the brain that are unaffected by dementia, and be a source of connection, reduce stress, and help improve everyone's mood. Ways to enhance this can include moving to the music - especially dancing together, where possible. Music and affectionate touch (like a hug) are both ways of expressing and communicating love, compassion and comfort.



CREATING CONVERSATION

Lauren Laverne, broadcaster and Music for Dementia Ambassador

Music is a conversation and there are many ways we can have those musical conversations. Be it with words, through eye contact and gestures, singing along to songs or listening to favourite music together, these can all spark moments for connection. Music is a powerful means of communication - use it as your bond to enable people to share and express feelings and emotions beyond the spoken word.



EXERCISE & MOVEMENT

Dame Arlene Phillips, choreographer, theatre director, TV presenter, and former dancer

We are musical beings, with rhythm built into us through our heartbeats. Whatever our age, music increases motivation, reduces feelings of fatigue, helps motor and movement co-ordination. The link between our auditory and motor neurons means our bodies and brains respond to what we hear. Choose music that motivates you to help you incorporate exercise and movement into each day.



For more tips on music in dementia care, visit musicfordementia.org.uk



m4dradio.com

HOW TO USE MUSIC

Practical tips for carers for every day, whether at home or in a care setting



VOLUME AND HEARING

- ✓ Check whether you are playing music at the **right volume**. Ask if the level is ok - too loud can overwhelm, too quiet can frustrate. Try to **reduce competing noises**.
- ✓ Think about positioning. How far away is the speaker from listeners? Consider moving speakers or people to accommodate **different hearing levels**.
- ✓ **Hearing loss and impairment** is often associated with dementia. If someone appears to be having difficulties with hearing, help them get it tested.
- ✓ Dementia impacts each person uniquely and, depending on the type of dementia, can affect how they **process and hear music**. Previously pleasurable sounds may no longer be enjoyable.



WHICH MUSIC?

- ✓ Musical memories endure when much else is lost - music **familiar and personalised** will be most effective. If possible, ask friends and family to suggest music.
- ✓ Find out popular songs, TV theme tunes or music from **key moments** in the person's life.
- ✓ Pay attention to their **responses** - see what other music this might suggest they would like.



TIMING

- ✓ What are the **best times of day** for music to aid you and/or engage someone you care for?
- ✓ Start the day by playing music that **motivates** and helps to **stimulate** and invigorate.
- ✓ In the evening, help **wind down** by playing music to relax to.



PERSONAL CARE

- ✓ Use music while delivering personal care to provide a **useful distraction**, making it less embarrassing or awkward while putting some fun into a daily routine.
- ✓ Can you find a **favourite song** that you can both sing to get dressed to or wash hair to?



ROUTINE AND RITUAL

- ✓ Use music to help **create routine** and familiarity e.g. favourite music for mealtimes to support nutrition. Try different genres and artists to see which work best.
- ✓ **Ease transitions** with music or singing to provide a bridge between different activities in the day or when moving from room to room.



TOGETHERNESS

- ✓ Try to listen together to create a **shared experience** and find your way of connecting - hold hands, tap your feet, sing along or dance together. Encourage movement if you can.
- ✓ Perhaps **talk about the music** or ask a few questions when you see someone responding to it.



For more tips on music in dementia care, visit musicfordementia.org.uk



m4dradio.com

Tune into m4dradio.com

M4D RADIO
Where memories are made again and again

Home ▾ How To Listen ▾ Listen Live ▾ What's On ▾ Contact Us

We are m4d Radio. A group of 5 themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories. Choose your era below, listen and enjoy...

Playing NOW on the MIX station

The Essential BROADWAY

Click What a Beautiful Morning (from 'Oklahoma')
Gordon MacRae

00:00

Playing next on m4d Radio Mix

Glenn Miller - Chattanooga Choo Choo

Playing Today on m4d MIX

- 00:00 - 09:00 Smooth Sounds
- 09:00 - 10:00 Good Morning - the best selection of lively tunes to start your day
- 10:00 - 11:00 Music and Memories - a selection of sounds from yesteryear
- 11:00 - 12:00 Singalong together to a medley of your favourite songs
- 12:00 - 13:00 60 minutes of VE Day favourites
- 13:00 - 14:00 Enjoy a great selection of music from the musicals
- 14:00 - 17:00 Music and Memories - a selection of sounds from yesteryear
- 17:00 - 18:00 Its time for a pre-dinner dance to favourite mid-tempo tunes
- 18:00 - 20:00 Music and Memories - a selection of sounds from yesteryear
- 20:00 - 24:00 Smooth Sounds

Our musical memories are typically made from our early ten years through to our late twenties. Choose your birth year to listen to the musical decade where your musical memories were made.

BEFORE 1935 BETWEEN 1935 - 1945 BETWEEN 1945 - 1955 AFTER 1955

What you say about m4d Radio



Music is helping people
to reconnect with the world.

If you remember 4 things...

- Everyone can help to make music a part of care
- You don't have to be a 'musician' to make music happen
- People with dementia can try new experiences with music
- It does not have to be an expensive intervention / offer



Music in social care plans for people with dementia

A GUIDE FOR SOCIAL WORKERS ON HOW TO EMBED MUSIC IN
PERSONALISED SOCIAL CARE PLANS FOR PEOPLE LIVING WITH
DEMENTIA, AND THEIR CARERS



"If we take just a moment to consider how music has influenced our own lives, both emotionally and socially it isn't hard to then make the link between music and wellbeing. This is even more important for those people with dementia who may have lost some of those precious memories but may still feel the emotions music stirs up for them.

"This guide will support professionals and families and individuals receiving care to think about music as part of a therapeutic response to wellbeing. Care plans need to embrace what is important in someone's life, and not just describe the transactional care and support they need. When we include music in care plans, we immediately make them more personalised."

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