

BACKGROUND

- Individuals with memory-related neurological disorders such as Alzheimer's, dementia, stroke, and Parkinson's disease often experience comorbidities in addition to their memory loss such as depression, motor problems, mood disturbances, aggression, and anxiety.
- As we learn more about these diseases and their co-morbidities, the desire for less expensive, non-pharmaceutical interventions increases
- Music therapy, offered on an individualized basis or as a group, has been shown to be a safe and effective intervention to utilize in memory care settings, or in home treatment of individuals with memory impairments.
- Music & Memory is a non-profit organization that trains healthcare providers and caregivers to utilize personalized music playlists to improve the quality of life of their clients or family members with memory impairments. Has been proven to improve:
 - Memory recall (especially long-term)
 - Mood
 - Verbal expression
 - Balance and motor coordination
 - Swallowing
 - Blood pressure & other vitals
 - Symptoms related to sundowners syndrome

PROGRAM DETAILS

- Collaboration with site mentor and other staff members in the formation and improvement of two different programs:
 - Music & Memory utilization in the memory care unit and staff training. (Had previously been implemented in long-term-care, but not memory care, where it may be most beneficial.)
 - Weekly group music therapy sessions in the memory care unit utilizing a varying amount of group types

FOCUSED QUESTION

What are the benefits of implementing group and individualized music therapy into memory care?

METHODS – GROUP SESSIONS

Hymn Sing

- Sing along with uplifting hymns with a CD and lyric books

Music Bingo

- A variety of songs from childhood to young adult for individuals 65+
- Place a chip on each song you have

Music Through Life

- Themed music sessions which prompt group discussions (i.e. an occupations based group with songs about different occupations)

Drumming/Percussion

- Newly implemented
- Everyone in the group gets a percussion instrument (drums, tambourine, shakers, etc.) to play along with the music



<https://www.jbmusictherapy.com/group-drumming-disregarding-dementia/>

RESULTS – GROUP SESSIONS

Hymn Sing

- Group participates well, especially with group leader leading the songs
- Some clients require increased assistance for page turning, or finding correct song
- Clients enjoy uplifting songs such as 'Amazing Grace' and 'Onward Christian Soldier' over more emotional hymns such as 'How Great Thou Art'

Music Bingo

- Group sings along to songs that are played
- Some clients require increased assistance to identify songs on chart or picking up chips to place on appropriate song
- Good for fine motor coordination

Music Through Life

- Music prompts clients to discuss aspects of their life and reminisce with other clients, staff, and family members
- Different topics promote different conversations

Drumming/Percussion

- Clients able to play along with beat of music
- Strong participation and alertness of group members

METHODS – MUSIC & MEMORY

Evaluation to determine client needs

- May be done with family member if client is unable to answer questions
- Determines music appropriate for client via a series of interview questions such as:
 - What type of music did you listen to in your 20's-30's?
 - Did you sing in a church choir/do you like gospel music?
 - Do you have any favorite bands/groups?
- Discuss with caregivers and family members what time of day would be most appropriate for interventions

Playlist creation

- iTunes playlist individualized per client based on evaluation and answers to interview questions
- May utilize CD's that are available to your facility or that individual clients offer to donate
- May be anywhere from 1hr-5hrs in length

Implementation – Two Clients

- Label individual iPod and headphones
- Train memory care staff in utilization of Music & Memory program
- Observe staff implementing program and identify client responses for
- Revise playlist and implementation schedule as needed per client

RESULTS – MUSIC & MEMORY

Client 1

Diagnosis: Alzheimer's disease

- Decreased behaviors such as agitation, throwing items, twitching, crying, aggression
- Improved participation in meal times when music is implemented prior to or during meal times
- Improved mood
- Increased verbal expressions (client is mostly non-verbal)
 - Often, sings along with songs
 - Verbalizes needs more frequently

Client 2

Diagnosis: Dementia

- Decreased symptoms of sundowners syndrome such as anxiety, severe confusion, pacing, paranoia
- Improved participation in afternoon groups
- Improved participation in daily cares
- Increased communication with family and caregivers

BOTTOM LINE FOR OT

- Memory-related neurological disorders and their co-morbidities may negatively affect an individual's ability to participate in essential activities of daily living such as grooming/hygiene, toileting, eating, walking, and dressing. It may also negatively affect their ability to participate in daily IADL's such as social interaction, medication management, and simple home-making tasks.
- Decreasing the severity of these co-morbidities may improve an individual's ability to engage in these ADL's and IADL's, which in turn may decrease caregiver burden.
- Music therapy (group or individual) may be an effective preparatory method to use prior to occupational therapy treatment sessions, or to be included directly in treatment to promote client engagement and participation.



<https://musicandmemory.org/about/mission-and-vision/>

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