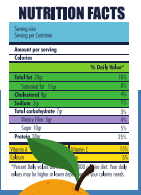
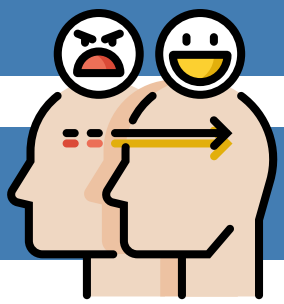
Personalized music is an easy, drug-free way to help improve the following outcomes AND *improve quality of life for nursing staff!*

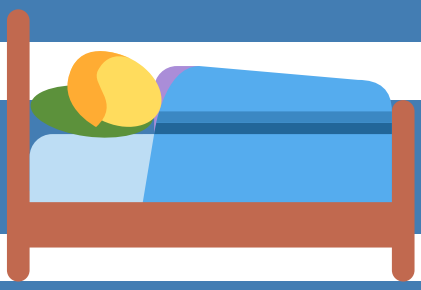


NUTRITION AND HYDRATION

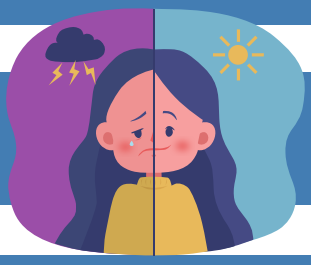


AGITATION AND ANXIETY

PAIN RELIEF



SLEEP



MOOD AND DEPRESSION

ACCEPTANCE OF CARE

OCCUPATIONAL, SPEECH, AND PHYSICAL THERAPY

TRANSITION THROUGH END OF LIFE

Check out Mason Music & Memory Initiative's music sustainability toolbox to get started:

https://gerontology.socialwork.gmu.edu/music-memory-toolkit/

Infographic created by Shannon Layman, PhD

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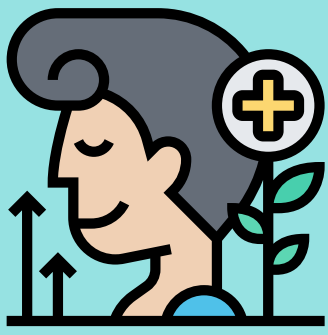
USING PERSONALIZED MUSIC IN LONG-TERM CARE

Music, especially personalized music, impacts all aspects of wellness and is especially beneficial to those living with dementia and/ or in long-term care. See below for suggestions regarding the benefits of music.

Information provided by Denise Scruggs, CDP, CADDCT
Infographic created by Shannon Layman, PhD



1 START & END THE DAY ON A POSITIVE NOTE

Use upbeat music to bring a positive mood and relaxing music to help settle for the night. Using consistent songs to indicate a change in a task such as moving from community rooms to bedtime

2 ANXIETY REDUCTION DURING ADLs

Singing, dancing, and playing residents' favorite music during care can divert their attention from the care task provided and thus often creates a more positive situation and generate positive memories.

3 IMPROVE PERFORMANCE ON COGNITIVE TASKS & PROMOTE BRAIN HEALTH

You can play music prior to trivia games, bingo, and other cognitive activities, and even have residents try playing a new instrument. Playing music can increase blood flow to the brain, improving performance on cognitive tasks and cognitive function.

4 ENCOURAGE NUTRITION

Playing music before and during dining can improve swallowing, decrease incidents of choking, help maintain weight (avoid weight loss), and help residents remain at the table. For individuals with advanced dementia, try calm songs that may not be familiar so that they remain focused on the meal.

5 PROMOTE PHYSICAL MOVEMENT

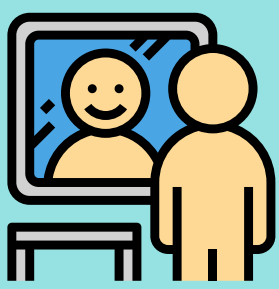
Upbeat music, in particular, can encourage movement, walking, and exercise as music can inspire action and be energizing. Music also provides a set rhythm that residents may find easier to walk with, compared to initiating walking alone.

6 ENCOURAGE CONNECTIONS WITH STAFF & OTHER RESIDENTS

Music can encourage connection and inclusion. When people listen to music together or engaged in a program together it helps them feel as if they belong. These situations can lead to increased conversation and non-verbal connections with others.

7 PROMOTE POSITIVE FAMILY VISITS

Music can help facilitate family visits with persons living with dementia. Have family members listen to their loved one's favorite music with them. They can sing together or play an instrument, and use music as a gateway to remembering past events.



8 BOOST SELF-ESTEEM & PROVIDE A SENSE OF PURPOSE

Procedural memory, the memory of how to do things is often the last type of memory impacted by dementia. People with dementia can often continue singing or playing music, or even re-learn their past instrument, which creates a sense of accomplishment and positively impacts self-esteem.

1.Nair, B., Browne, W., Marley, J., Heim, C., 2013
2. Ray, K., & Gotell, E., 2018; Batt-Rawden, K. & Storlien, M., 2019
3. Global Council on Brain Health, 2020; Brancatisano, O., Baird, Amee, & Thompson, W., 2019
4. Cohen, Post, S., Post, A., Lombardo, R., Pfeffer, 2020; Lasek, A., 2020
6. 8. Batt-Rawden, K. & Storlien, M., 2019

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9 TRIGGER, PREVENT, OR STOP BEHAVIORS, EMOTIONS, AND MOOD

Music an be used to decrease or prevent sundowning and dementia behaviors. What is important, however, is that we use it early on when we anticipate a problem. Music can be used as a diversion when someone is beginning to show signs of anxiety or discomfort, or used to improve mood.

10 ENCOURAGE REMINISCING & SELF-EXPRESSION

Consider using music to encourage reminiscing and trigger memories of positive times gone by. Remember, however, that music can trigger both positive and negative memories, be alert to non-verbals and reactions and change your intervention accordingly.

11 PROMOTE CONNECTION WITH CULTURE, RELIGION, AND SPIRTUALITY

Use music to help a person connect with their religion or spirituality. Likewise, use it to help them connect to their culture, including holidays and other observances.

12 STRESS MANAGEMENT FOR STAFF AND RESIDENTS

Use music to create an upbeat mood and help with stress management and relaxation. This is not only helpful for residents, it can be beneficial to staff. Try having an upbeat song played over the sound system for 5 minutes per day and encourage staff to dance and sing with the residents. Tread carefully with individuals with hallucinations or delusions as it may cause confusion.

13 ENCOURAGE CREATIVITY

Many artists use music to spark creativity. This trick can work for persons living with dementia, too.

14 MANAGE PAIN

Music can be used for pain management by providing a distraction from unpleasant situations and pain. A person can get lost in a song while listening to calming or uplifting music.

15 MAINTAIN/ IMPROVE HEALTH

Researchers have found that music can boost the immune system and help the body develop antibodies that attack viruses and other health uses. When music is used with exercise, it can help with strength which is connected to falls.

16 USE MUSIC FOR THE FUN OF IT!

Music themed events and programs are also fun and who doesn't need some fun in their day. Offer opportunities to sing, play an instrument, dance, listen to music and more. Other ideas include singing to residents during care, bringing in a community music group such as a children's chorus or high school band.

17 POSITIVELY IMPACT PERSONS WITH STROKE, PARKINSON'S & ARTHRITIS

Singing, whistling, and humming can help strengthen and keep muscles in the face and mouth flexible and this is needed for a person to show facial expressions and to verbalize their thoughts and feelings.Playing an instrument helps keep the fingers, hands, and other parts of the body limber and strong. They also help with motor skills.

When a person is able to communicate with others, we often see increased self-esteem which further increases the likelihood a person will interact with others. Ultimate this leads to an improved quality of life.

18 MAINTAIN/ IMPROVE OVERALL QUALITY OF LIFE

Music can increase comfort, happiness, and health. In turn this can improve overall quality of life, not just with those with stroke, Parkinson's disease, or arthritis, but everyone, including staff.

9. Brown University, 2017; Schroeder, R., Martin, P., Marsh, C., Carr, S., Richardson, T., Kaur, J., Rusk, J. & Jiwanlal, S., 2018; Ray, K., & Gotell, E., 2018; Cohen, D., Post, S., Post, A., Lombardo, R., & Pfeffer, B., 2020
11. Garrido, S., Dunne, L., Perz, J., Chang, El, & Stevens, C., 2018
12. Ekra, E., & Dale, B., 2020
13. Ritter, S., & Ferguson, S., 2017
14. Batt-Rawden, K. & Storlien, M., 2019; Redding, J., Plaugher, S., Cole, J., Crum, J., Ambrosino, C., Hodge, J., Ladd, L., Garvan, C., & Cowan, L., 2016
15. Chicago Methodist Senior Services, n.d.)
17. Parkinson's Foundation, n.d.; Bienkiewicz, m. & Craig, M., 2016
18. McDermott, O., Orrell, M., & Ridder, H., 2014

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