

Many of these passages are from the blog below...a wonderful resource for working with dementia patients. I've added some observations from my own work.

<http://www.alz.org/care/alzheimers-dementia-music-art-therapy.asp#music>

### ***Why use music in dementia care?***

Music reduces fear, anxiety and depression. When there is stress and agitation, the music played can match the intensity, then be slowed down to more calming music.

Music helps people to connect socially. Some patients may become more social in other areas, and less lonely.

Music reduces need for drugs....saving costs.

Music Increases feeling of safety

Music can help with transitions. Music and simple dancing can be used to "dance" a patient through a transition.

Difficult moments can be avoided with the use of happy, upbeat music from the beginning of the day....before problems arise.

Music offers a channel for expressing emotions.

Music increases memory recall

Music reduces stress for care partners. When patient is happier and less anxious, patients are easier to help. Music can help ease patients through difficult moments so there is less burn-out for care partners.

Music engages sound, emotion, muscle memory, range of motion, speech and so much more!

Music opens a window to individual histories and memories, to increase the connection with care partners, families and visitors.

Families can become more engaged, helping identify music their relative enjoyed. Families can sing with the patient, or provide I-Pods and play lists. Discouraged families may then increase their visits, strengthening family ties and decreasing loneliness.

### **Tools for Caregivers:**

From: Alzheimer's and Dementia Caregivers Center Blog

<http://www.alz.org/care/alzheimers-dementia-music-art-therapy.asp#music>

## **Caregivers Take Note – Music as Therapy**

Although music has been with us since the dawn of time, in the last few decades studies have found that music as a therapeutic tool can increase cognitive function in Alzheimer's patients ... [read more](#). (Well worth the click! Linda)

Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common in the middle-stages of the disease. Even in the late-stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult.

Use these tips when selecting music for a person with dementia:

- Identify music that's familiar and enjoyable to the person. If possible, let the person choose the music.
- Choose a source of music that isn't interrupted by commercials, which can cause confusion.
- Use music to create the mood you want. For example, a tranquil piece of music can help create a calm environment, while a faster paced song from someone's childhood may boost spirit and evoke happy memories.
- Encourage movement (clapping, dancing) to add to the enjoyment.
- Avoid sensory overload; eliminate competing noises by shutting windows and doors and by turning off the television. Make sure the volume of the music is not too loud.

**Another wonderful web** site by my very favorite dementia teacher and presenter:

<https://teepasnow.com/>

Wow. Go here for a wealth of resources and products on music and dementia.

<https://teepasnow.com/?s=music>

**Another gem of a resource:**

<https://cherylhodge.com/dementia-program>

***For more information and resources on therapeutic music, please visit this page on my web site:***

<https://www.lindasongs.com/therapeutic-music>