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# The Importance of Social Engagement

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**EACH  
MEMORY  
HAS A  
SOUNDTRACK  
OF IT'S OWN.**

KUSHANDWIZDOM



THREE MINUTES OF MUSIC,



YEARS OF MEMORIES.

Lmp

# Challenges of Engaging Those Living with Dementia

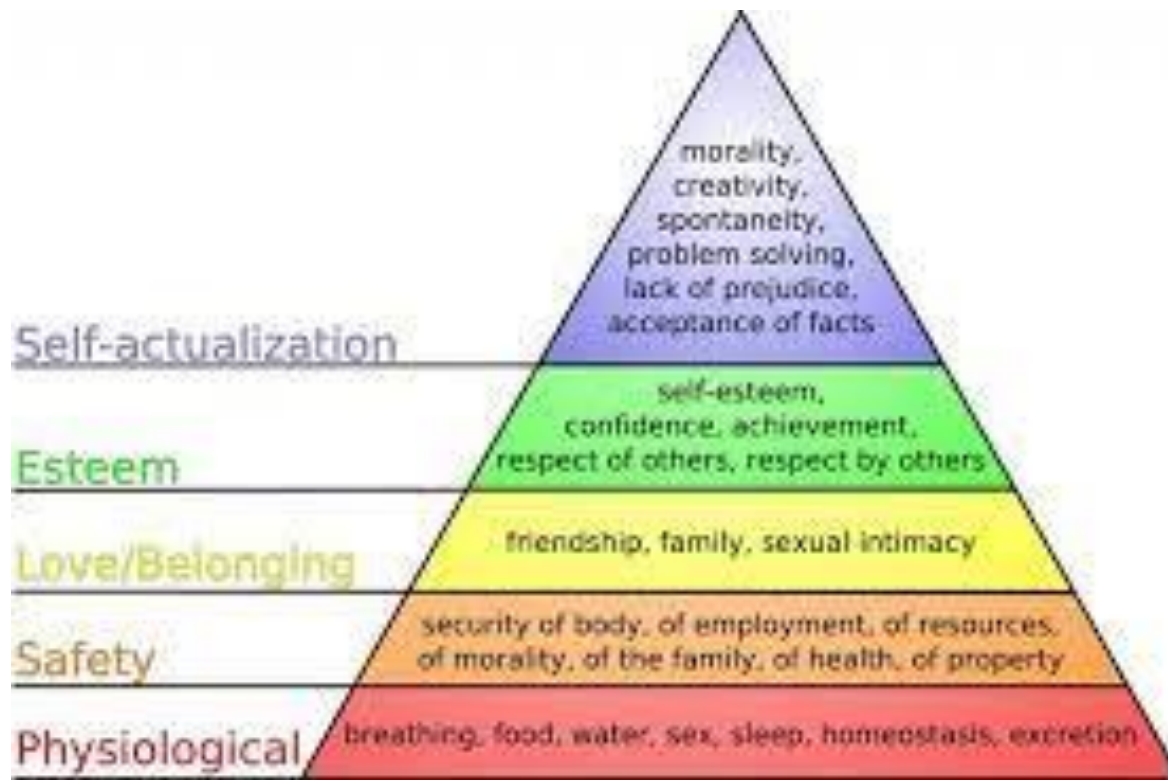
- Perception of the current situation
- Level of cognitive loss – Does the engagement opportunity match?
- Loss of verbal abilities
- Lack of rapport with person offering the engagement opportunity
- Engagement opportunity does not speak to the person's history, interests, or preferences
- Engagement opportunity seems purposeless

## A Word About Apathy

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“From an epidemiological point of view apathy can be considered as a common symptom of AD. The frequency of it ranges from 19 to 76%, depending on the disease duration and stage and the age of subjects” --  
The Scientific World Journal, 2014





# Importance of Engagement

# Music and Those Living with Cognitive Challenges

“Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia. Musical memories are often preserved in Alzheimer's disease because key brain areas linked to musical memory are relatively undamaged by the disease.” -- Mayo Clinic, August 2018

Additionally

“When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function and coordinate motor movements.” – Alzheimer’s Foundation of America

## Music on the mind

When we listen to music, it's processed in many different areas of our brain. The extent of the brain's involvement was scarcely imagined until the early nineties, when functional brain imaging became possible. The major computational centres include:

### CORPUS CALLOSUM

Connects left and right hemispheres.

### MOTOR CORTEX

Movement, foot tapping, dancing, and playing an instrument.

### PREFRONTAL CORTEX

Creation of expectations, violation and satisfaction of expectations.

### NUCLEUS ACCUMBENS

Emotional reactions to music.

### AMYGDALA

Emotional reactions to music.

### SENSORY CORTEX

Tactile feedback from playing an instrument and dancing.

### AUDITORY CORTEX

The first stages of listening to sounds. The perception and analysis of tones.

### HIPPOCAMPUS

Memory for music, musical experiences and contexts.

### VISUAL CORTEX

Reading music, looking at a performer's or one's own movements.

### CEREBELLUM

Movement such as foot tapping, dancing, and playing an instrument. Also involved in emotional reactions to music.

MIKE FAILLE/THE GLOBE AND MAIL ■ SOURCE: THIS IS YOUR BRAIN ON MUSIC: THE SCIENCE OF A HUMAN OBSESSION

# Music and the Brain

# 5 reasons for Music is Beneficial for Those Living with Dementia Diagnoses

--AFA

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## Reason #1

Music evokes emotions that bring memories.



## 5 reasons for Music is Beneficial for Those Living with Dementia Diagnoses

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### **Reason #2**

Musical aptitude and appreciation are two of the last remaining abilities in those living with dementia.

# 5 reasons for Music is Beneficial for Those Living with Dementia Diagnoses --AFA

## **Reason #3**

Music can bring emotional and physical closeness. (Between caregiver and affected person)



# 5 reasons for Music is Beneficial for Those Living with Dementia Diagnoses --AFA

## Reason #4

Singing is engaging



# 5 reasons for Music is Beneficial for Those Living with Dementia Diagnoses

--AFA

## **Reason #5**

Music can shift mood, manage stress and stimulate positive interactions.



# Benefits of Social Interactions for those Living with Dementia

"Remaining active and involved has many benefits for the person with dementia, such as helping to maintain abilities, promoting independence, reducing isolation, and coping with difficult feelings. Engaging in social activities with others can additionally promote a sense of community and belonging and can support closeness (the relationship) between the person living with Alzheimer's disease and their loved ones. Most importantly, getting out and doing things is FUN! "

-- Alzheimer's New Jersey

