

## **About the Foundation**

We inspire and educate by celebrating the Great American Songbook.

- Archives & Library
- Exhibit Gallery
- Songbook Hall of Fame
- Public programs





## What We Know:

"Involvement in participatory arts programs has been shown to have a positive effect on mental health, physical health, and social functioning in older adults, regardless of their ability."

Arts in Aging report from the National Endowment for the Arts



## The Need:

"The available evidence suggests that the COVID-19 pandemic has a wide negative impact on the mental well-being of older adults with and without dementia. Viral infection and the consequent **social isolation** to limit its spreading have a range of neuropsychiatric consequences"

- Front Psychiatry. 2020; 11: 585540



# The response:

"My wife has Alzheimer's disease...

The **music** helps **reconnect her** with the world. While she can't remember many things, she remembers songs that she heard 50 years ago, **completely**. We have times that are not the best - but these programs help make the good times extra **special** for her."

Independent Caregiver who regularly interacts with Perfect Harmony through the Alzheimer's Association Early Stage Program



# **Turning to Music:**

"We feel strongly that abundant health benefits can be achieved by older adults who learn to make music in a supportive, socially enjoyable setting. We are just beginning to understand the positive effects of making music on our bodies and our physical health."

- Dr. Frederick Tims, principal investigator for the Music Making And Wellness Research Project and professor and chair of Music Therapy at Michigan State University



# **Benefits of a Music-Making:**

- Offering an "enjoyable" experience that promotes cognitive function
- Improving/Maintaining quality of life/wellness
- Increasing meaningful interactions between individuals and their care partners
- Providing opportunities for social engagement and sense of purpose
- Offering beneficial opportunities for both individuals and group settings
- Offering opportunity for independence/choice making



# Remembering the music from your teens...

...is NOT just a coincidence! Research suggests that...

- Between the ages of 12 and 22, our brains undergo rapid neurological development
- Music we love during that decade has a special significance due to biological factors and life experiences



### **Musical Considerations**

### Be thoughtful in setting up a music activity

- **Test the device** on which you plan to play a video or audio recording to ensure the device is working properly prior to engaging in a music activity
- Ensure the volume is set at a medium or low level to begin the activity and adjust as necessary for the individual's specific needs
- Make sure your device is at an appropriate distance for an individual's aural or visual needs



# Singing and Engaged Discussion

### Helpful tips you should keep in mind:

- Always start with the music.
- Remember to use a person-centered approach: be patient, flexible,
   understanding and genuine in all of your interactions



#### Considerations for Individuals with cognitive decline and/or dementia

- Individuals may require more time for processing information. It is important
  to wait at least 5 seconds between asking a question, or giving a directive, and
  expecting a response.
- Some individuals may find it difficult to communicate verbally. Consider incorporating other forms of communication including gestures, visuals, or music!
- An individual may cry or appear upset when participating in a musical activity. Validate their response and not ignore it.

If you notice distressing behaviors, you should consult with a music therapist, social worker, doctor, counselor, or other healthcare professional.



# **Movement and Rhythm Play**

## Helpful tips you should keep in mind:

- Position yourself in front of the person or group you're working with. If you
  are working with a group, try placing chairs in a semi-circle to allow everyone
  to clearly see you as the leader.
- Always allow the participant(s) to adapt the suggested movements, as necessary.



#### Considerations for Individuals with cognitive decline and/or dementia

- An individual may require physical prompts when participating in movement.
- If you are not using one of our video resources or suggested songs, make sure to select music that is short and maintains a steady beat throughout (not too fast, not too slow).



# **Selecting appropriate music:**

Music choices should be generation-appropriate (listened to in late adolescence or early adulthood; 15-25) & "sing-able" (not too high or complex)

#### **Generation Guide:**

- 90 years old = 15 in 1946, 25 in 1956
- 80 years old = 15 in 1956, 25 in 1966
- 70 years old = 15 in 1966, 25 in 1976
- 60 years old = 15 in 1976, 25 in 1986



#### Spend quality time discovering an individual's musical preferences:

- Create an age-appropriate playlist with a variety of genres (Country, Pop, Sacred, Classical, etc.) and determine what the individual appears to most enjoy
- Additionally, you can ask some of the following questions to create a playlist based on the individual's life experiences:
  - a. Where did you grow up?
  - b. Did you used to attend church?
  - c. Were you in the military?
  - d. Do you like music?
    - i. Who is your favorite singer?
    - ii. What is your favorite band?



## GENERATIONAL MUSIC PLAYLISTS

#### 1960s Music Playlist

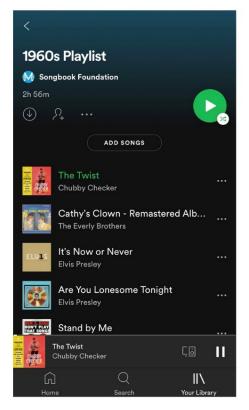
#### **Top 40 Artists**

1. The Beatles	9. Aretha Franklin	17. Andy Williams	25. Peter, Paul & Mary	33. Johnny Cash
2. Elvis Presley	10. Jimi Hendrix	18. The Kinks	26. Cliff Richard	34. The Animals
3. The Rolling Stones	11. Barbra Streisand	19. Otis Redding	27. Led Zeppelin	35. Henry Mancini
4. The Reach Boys	12. Ray Orbison	20. Ree Gees	28. Hermon's Hermits	36. Chuhhy Checker
5. Bob Dylan	13. Simon & Garfunkel	21. The Temptations	29. The Four Seasons	37. lim Reeves
6. Frank Singtra	14. The Doors	22. Tom Jones	30. The Who	38. Connie Francis
7. The Monkees	15. The Supremes	23. Cream	31. Petula Clark	39. The Hollies
8. Ray Charles	16. Herb Alpert	24. James Brown	32. The Byrds	40. The Mamas & the Papas



Song Title	Artist	Genre	Year
The Twist	Chubby Checker	Rock & Roll	1960
Cathy's Clown	The Everly Brothers	Pop	1960
It's Now or Never	Elvis Presley	Rock & Roll	1960
Are You Lonesome Tonight?	Elvis Presley	Rock & Roll	1960
Stand By Me	Ben E. King	R&B	1961
Blue Moon	The Marcels	R&B	1961
I Can't Help Falling In Love With You	Elvis Presley	Pop	1961







# Moral of the Story: Engage through Music

#### Start to notice:

- What kind of music is being played around older adults?
- Is music being used as passive, background noise or is music being used as a tool to actively engage a person with dementia?
- Who in your life or work could benefit from the power of music?
- How might you be able to use music with older adults in your life?





Website: TheSongbook.org/phworkshop21 Facebook & Instagram: @songbookfoundation



Visit TheSongbook.org/ph-resoures to sign-up for our email list and access monthly Perfect Harmony resources released on the first Friday of every month.

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