

Do care home residents  
have a right to music?

# Would improvement in any of these areas merit such a right to music?

- Alertness and engagement
- Anti-psychotic medications
- Anxiety
- Appetite
- Brain fog
- Caregiver stress
- Delirium
- Falls
- Gait, movement
- Loneliness
- Mood
- Pain
- Psychiatric hospital admissions
- Resistance to care
- Sense of Self
- Socialization
- Speech
- Swallowing



**Do residents have a right to  
music they love?**







**What percentage of residents have access to music they love — every day?**



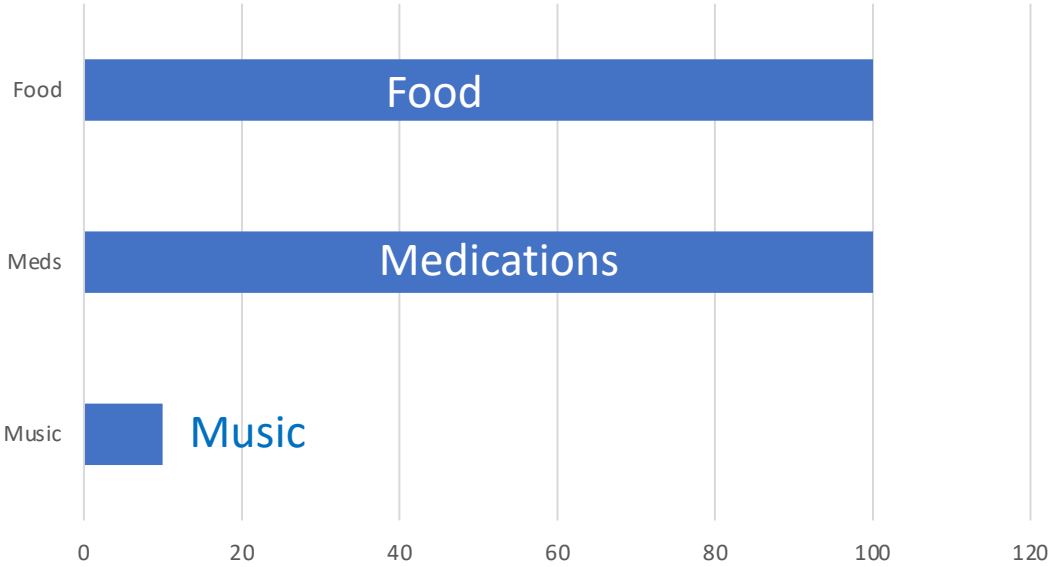


## Reaching the less reachable

- 1) Residents who were **not interested** or unwilling
  - a. Why are they not interested or unwilling?
  - b. How can we better offer music to tap what they enjoy?
  
- 2) Residents who were **too ill or bed bound**  
(e.g., ventilator, end of life)
  - a. How can we modify music delivery so they benefit?
  - b. Work with residents, their family, and staff to provide access
  
- 3) Residents who had **scheduling conflicts**  
(e.g., dialysis, medical appointment)
  - a. Let's be flexible to accommodate residents with conflicts
  - b. Work with resident to best meet their needs and interests



### Likelihood 3x per day (%)







## Challenges to widespread music adoption

- lack of resources (staff, funding)
- lack of time (low staff to resident ratio)
- lack of management support
- lack of involvement by nursing
- lack of community support



## Tips

- ❑ lack of resources (staff, funding) – communicate your needs internally and externally
- ❑ lack of time (low staff to resident ratio) – note that more cooperative residents mean increased productivity
- ❑ lack of management support – focus on music’s impact on key initiatives such as falls and antipsychotic meds reduction
- ❑ lack of involvement by nursing – highlight nurse productivity, calmer work environment, improved morale
- ❑ lack of community support – communicate with families and community support organizations





## Mixing it up

Make a music plan for each resident.

Combine the right music to generate even better outcomes:

- art + music
- exercise + music
- rehabilitation + music
- visits + music

National music programs tailored  
for long-term care and dementia





## Music apps tailored for long-term care and dementia



Canada only

**Smart Speakers can be used  
by all direct care staff to  
benefit residents.**



**Apple Music**



**music**  
amazon



**Spotify**



**One music intervention is not enough**

# One music intervention is not enough

## Mix and Match Music Programs, Approaches, Timing

- Singing – planned and spontaneous
- Making music
- Live music
- Receptive listening by oneself, with others
- Dance
  
- Programs – Apps – Smart speakers



# One music intervention is not enough

Mix and Match Music Programs, Approaches, Timing

Up the impact by combining music with other leading national programs



MEMORY LANE TV

TimeSlips™

Reading2Connect®

*...Reviving Minds and Voices*

memorywell™



 LINKED SENIOR

iN2L™

# How to Generate More Interest in the Power of Music

by leveraging film



- **Overcome stigma** – too often we underestimate what’s possible
- **Communicate** your vision to decision-maker/leadership team
- **Describe** how residents, staff and management will benefit



# Include optimal music access in care plans



what music options are available now?

What can be added:  
personalized playlists,  
singing, playing  
instruments, dancing

Everyone benefits!



The social prescription of music leads to better relationships, well-being and quality of life.