Music Listening, Music Recreation, and Music Therapy: Effective Implementation in Dementia Care

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Learning Objective #1:
Identify research that supports the benefits of music for people living with dementia.

Learning Objective #2:
Explain the differences between music listening, music recreation, and music therapy.

Learning Objective #3:
Describe three practical ways to use music effectively with people living with dementia.
Why Music?
Music engages multiple areas of the brain at once.

Impacts regions "involved in listening, movement, attention, language, emotion, memory, and thinking skills" (Global Council on Brain Health, 2020).

Music abilities are preserved in people living with dementia.

Includes the ability to listen to music, sing, dance, and play a musical instrument.

Music memories are maintained until later stages of dementia.

Memories of songs activate brain areas that are believed to have some resistance to Alzheimer’s disease (Jacobsen et al., 2015).
Music and the brain

Playing and listening to music works several areas of the brain

**Corpus callosum:**
Connects both sides of the brain

**Motor cortex:**
Involved in movement while dancing or playing an instrument

**Prefrontal cortex:**
Controls behavior, expression and decision-making

**Nucleus accumbens and amygdala:**
Involved with emotional reactions to music

**Sensory Cortex:**
Controls tactile feedback while playing instruments or dancing

**Auditory cortex:**
Listens to sounds; perceives and analyzes tones

**Hippocampus:**
Involved in music memories, experiences and context

**Visual Cortex:**
Involved in reading music or looking at your own dance moves

**Cerebellum:**
Involved in movement while dancing or playing an instrument, as well as emotional reactions

Source: www.drjockers.com
Music Listening
Background Stimulus
Listening while eating or completing tasks.

Leisure Activity
Listening to favorite songs to engage or relax.

Non-pharmacological Intervention
Listening to improve ease of care or reduce negative reactions.

Anyone Can Implement
Self, family members, volunteers, direct care staff, or music therapists.

Music Listening in Dementia Care
Passive or active listening of music, usually through a speaker or headphones.
Benefits of Music Listening

- **Improves mood.**
  
  Music listening reduces symptoms of depression and can increase socialization (Ziv et al., 2007).

- **Reduces symptoms of agitation and anxiety.**
  
  Preferred music listening may lead to a significant reduction in agitation when compared to other interventions (Garland et al., 2007; Gerdner, 2000; Hicks-Moore & Robinson, 2008).

- **Enhances memory recall.**
  
  Individuals with dementia displayed better recall of autobiographical memories after music listening, in comparison to ambient noise or silence (Foster & Valentine, 2001; Irish et al., 2006).
Use Preferred Music

“Music that we like has a bigger impact on the brain than music that does not move us” (GCBH, 2020).

Don't Assume Favorites

Generalizations based on age, ethnicity, culture, or religion may not be accurate.

Observe Reactions to Songs

Be aware of facial affect, body language, verbal statements, or musical responses.
Resources

Listening Options
YouTube, Spotify, Pandora, iTunes, Amazon Alexa

**Music, Memory, and Meaning: How to Effectively Use Music to Connect with Aging Loved Ones**
by Meredith Hamons, Tara Jenkins, and Cathy Befi-Hensel

**Connecting through Music with People with Dementia: A Guide for Caregivers**
by Robin Rio
Music Recreation
Music Ensembles
A group that makes music together, such as a choir, within the community or care setting.

Learning an Instrument
Examples include the piano, ukulele, autoharp, or harmonica.

Music Activities
Music activities in care settings may include music performances, sing-a-longs, instrument play, or musical games.

Implemented By:
Activity professionals, community musicians, music teachers, or music therapists.

Music Recreation in Dementia Care
Active engagement in music-making through music ensembles or music activities.
Benefits of Music Recreation

Active participation may be better than passive engagement.
Engaging in music-making, through physical action and mental effort, may encourage neuroplasticity (GCBH, 2020).

Music-making increases socialization.
Making music in a group reduces loneliness and creates bonds amongst members (Johnson et al., 2020; Mittelman & Papayannopoulou, 2018).

Learning stimulates cognition.
Individuals with dementia can learn and retain new music (Prickett & Moore, 1991; Samson et al., 2009).
Join or Create a Choir for People Living with Dementia
Community or virtual choir.

Learn a New Instrument
Start by finding an instructor and an appropriate instrument.

Provide Music Activities
Music activities that those living with dementia will engage in and enjoy.
Resources

Websites
Community musicians: playitforseniors.org
Giving Voice Chorus: givingvoicechorus.org

Living Well with Dementia through Music: A Resource Book for Activities Providers and Care Staff
by Catherine Richards

Musical Instruments
West Music: westmusic.com

Tablets
Use music apps, such as GarageBand, for active music-making.
Music Therapy
Implemented by a Music Therapist

A nationally board certified-music therapist must:

- Graduate with a degree from an approved music therapy program.
- Complete 1200 hours of clinical work, including a 6 month internship.
- Pass the national exam conducted by the Certification Board for Music Therapists.
- Be licensed by the Georgia Secretary of State if located in Georgia.

Music Therapy in Dementia Care

Clinical and evidence-based use of music interventions to accomplish cognitive, physical, social, emotional, or spiritual goals within a therapeutic relationship with a certified music therapist (AMTA, 2020).
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Treatment Plan
Includes assessment, development of goals and interventions, implementation, documentation, and termination.

Goals
Improve mood, reduce isolation, increase self-esteem, increase emotional expression, increase motor movement, improve attention, decrease anxiety, decrease pain perception, provide opportunities for memory recall, increase communication, and improve care partner or peer interactions.

Interventions
Participatory singing, music-cued reminiscing, lyric discussion, movement to music, songwriting, instrument play, drumming, improvisation, composition, and relaxation to music.
Benefits of Music Therapy

Sessions conducted by a certified professional.
MT-BCs use passive or active evidence-based music interventions, with live or recorded music.

Music Therapy Research in Dementia Care Shows:

• Improved cognitive functioning (Chang et al., 2015; Chu et al., 2014; Lyu et al., 2018; Zhang et al., 2017).
• Reduced disruptive behaviors (Chang et al., 2015; Lyu et al., 2018; Ridder et al., 2013; Ueda et al., 2013; Van der Steen et al., 2018; Vink et al., 2014; Zhang et al., 2017).
• Decreased agitation (Pedersen et al., 2017; Ridder et al., 2013).
• Lowered anxiety levels (Chang et al., 2015; Ueda et al., 2013; Zhang et al., 2017).
• Reduced symptoms of depression (Chang et al., 2015; Cho, 2018; Chu et al., 2014; Van der Steen et al., 2018; Zhang et al., 2017).
• Improved communication (Pedersen et al., 2017).
• Prevention of medication increases (Ridder et al., 2013).
• Improved care partner interactions (Beer, 2017; Lyu et al., 2018; Rio, 2018).
Find a Licensed and Board Certified Music Therapist
Certification Board for Music Therapists: cbmt.org
American Music Therapy Association: musictherapy.org

Consult with a Music Therapist
MT-BCs can assist with the development of effective music listening and music recreation programs for individuals living with dementia.
Resources

Dana Lee Smith, LPMT, MT-BC
Provides individual and group music therapy throughout Coastal Georgia.
Email: danalee@planters.net
Phone: 912-665-1377

Metro Music Therapy, LLC
Provides Telehealth music therapy.
Website: metromusictherapyga.com
Phone: 404-510-3799

Therabeat, Inc.
Provides Telehealth music therapy.
Website: therabeat.com
Phone: 770-687-2542
Resources

Miquel Shanine, LPMT, MT-BC
Provides Telehealth music therapy.
Website: heartsongga.com
Phone: 678-936-4269
Email: miquel@heartsongga.com

Kenya Engram, MMT, LPMT, MT-BC
Provides Telehealth music therapy.
Website: nurturingnotesmt.com
Phone: 404-827-8794
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References


References


References


Questions?
Comments?

Thank you!
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