



Music & Memory Community Service Project

What is Music & MemorySM?

Music & MemorySM is an innovative approach to dementia care that uses personalized playlists on digital music players (i.e., iPods) to reconnect older adults to the world around them. The power of music has been shown to reduce confusion for an amount of time, decrease anxiety and agitation, and bring a sense of connection. Music & MemorySM is being utilized in long-term care facilities, but can be easily incorporated into home and community settings.

To see Music & MemorySM in action, consider the story of Henry, a man living with dementia who was the subject of a video clip that became a viral sensation several years ago.

<https://www.youtube.com/watch?v=fyZQf0p73QM>

The clip is part of the award-winning documentary, "Alive Inside," with is now available on iTunes, Netflix and home video.

How does Music & MemorySM work?

Elders or their family members are interviewed to create a list of music that is important to them. The music is loaded onto an individual music player, usually an iPod Shuffle, then staff or family use headphones or small speakers to play the music for the elder throughout the day, helping them stay active and alert while enhance their quality of life. See <http://musicandmemory.org/>

How you can get involved

Check the Music & MemorySM website for a list of nursing homes in Ohio that are participating in Music & MemorySM or email OhioMusicandMemory@age.ohio.gov for help finding a home or community center near you. Contact the location to offer your assistance and suggest ways you might be able to help with a service project idea. Ask to speak with the administrator, social worker or activities director. Be ready to share your service project requirements (hours, supervision, signatures, etc.) and to suggest ways you can be of service in the Music & MemorySM project.

Possible service projects:

1. **Fundraising or donations.** To make Music & MemorySM successful, nursing homes need music, music players, speakers, headphones and iTunes gift cards. A service project could develop your **marketing and promotional skills** to raise money for these items or solicit donations from the

community.

2. **Personalized music interviews.** Music & MemorySM relies on music that makes an elder's heart sing! But because many of the elders in the project have dementia and aren't able to communicate easily, sometimes a music "investigator" is needed to find out what those songs are. A service project for someone with good **interpersonal skills** or an **interest in music history** could include interviewing the residents to find their favorite songs, calling family members to learn more about their history, or using YouTube or iTunes to play songs from their youth to see if the resident responds more positively to some songs.
3. **Tech Help.** Music & MemorySM uses a music library, usually iTunes, to store the music for all the residents in the nursing home. A service project might utilize someone **savvy with technology** to download music, organize playlists, arrange for equipment organization, and teach staff how to charge and use the music players and adjust playlists.

Resources

<http://musicandmemory.org/get-involved/for-volunteers/>

Contact:

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