



January 12, 2011

Re: University of Windsor Research Study for Room 217 Foundation's Therapeutic Singalong Series Pilot DVD

The study you are being asked to participate in is designed to investigate the experience of older adults singing along to a DVD and participating in associated recreational activities for any potential health benefits. Participants will include seniors residing in 10-20 nursing homes and engaging in therapeutic and recreational activities. Additional participants will be nursing home DVD program facilitators and care givers attending the DVD program.

If your facility agrees to participate, I would require you to distribute the study information letters and consent forms and collect the signed consent forms for the persons who will be interviewed or attend the focus group. You will then mail the consent forms to me. All of the seniors who attend the group do not have to sign consent forms...only persons who are taking part in the interview and/or focus group.

Ideally we would like to include 2-3 residents, the DVD staff facilitator (therapeutic recreationist, health care aide, recreation assistant or activity director), 1-2 family members from each nursing home. If there are more that are interested that is also acceptable. Please contact me with the number and breakdown of interested participants.

PROCEDURES

Seniors in your nursing home (maximum group of 40) will attend a sing-a-long program for 5 weeks. Each session will be approximately 60 minutes and will take place in the activity area of your nursing home. Sing-along attendees who have signed the consent form will be interviewed and or participate in a focus group at the end of the 5 week DVD program. Interviews and focus groups will be audio-taped to enable a transcription to be made from those sessions. Focus group methodology carries with it implications for confidentiality and anonymity. While the researcher will adhere to risks of confidentiality in a focus group setting this not possible. Asking specific personal experiences in the focus group raises the risk of disclosure. As focus groups are group events, data provided in them cannot be withdrawn. Therefore the information that participants share in the focus group cannot be withdrawn from the study.

DVD PROGRAM

Each nursing home will receive the sing-a-long DVD for free mailed or hand delivered to them. The DVD has a set of liner notes with full instructions on how to implement the sing-a-long program for 5 weeks. The DVD is a 30 minute video of songs from the 1930's. If your home agrees to participate you can always contact the principle investigator for help or assistance in implementing the program should the instructions not be clear. I will visit your home or speak with you via phone about implementing the program.

I look forward to hearing from you and your nursing home. I am aware that there may be additional requirements of your home to allow you and other participants to take part in the study. Please note that I will prepare all required documents in order to be granted permission to conduct the research at your site. This research study has received approval from the Research Ethics Board at the University of Windsor, Windsor, Ontario, Canada.

Thank you,

Dr. Amy Clements-Cortes

University of Windsor

acortes@uwindsor.ca

(519) 897-3613, Ext: 2791

Information on the Primary Investigator

Dr. Amy Clements-Cortes is assistant professor of music therapy at the University of Windsor. She has extensive clinical experience working as a music therapist in long-term and palliative care for over 15 years. Amy continues to work clinically and supervise clinical music therapy internships one day per week.