



Pathways: a comprehensive singing program for memory care ANNOTATED BIBLIOGRAPHY

The following journal articles along with their synopses are recommended for Pathways users who want to learn what the research says about music and care.

Clair, AA (2002). The effects of music therapy on engagement in family caregiver and care receiver couples with dementia. *American Journal of Alzheimer's Disease and Other Dementias*, 17 (5) 286-290.

Caregivers often make considerate efforts to maintain relationships with their loved ones through the progression of the dementia diagnosis. However, they become increasingly disappointed and frustrated when their attempts fail. Therefore, there is a need to develop interventions that are effective and efficient for family caregivers and their loved ones who are losing their ability to communicate. The purpose of this study was to examine the effects of caregiver-implemented music strategies on engagement with their care receivers. Eight couples participated in private sessions with a music therapist who trained the caregiver to implement a music activity of their choice. Results indicated that caregivers learned quickly, and felt confident to lead sessions on their own after little instruction. All caregivers stated that music aided in fostering mutual engagement and added quality to the time they spent together.

Clements-Cortés, A (2014). Sing-a-long DVD and activity package pilot study with older adults. *Journal of Music, Technology & Education*, 7 (2), 123-139. DOI: 10.1386/jmte.7.2.123_1

The health benefits of singing are numerous and significant, they range from improved lung capacity and reduced stress, to a strengthened immune system and increased energy. In particular to older adults and a group singing environment the benefits are presented in the form of better mental health, improved memory, and reduction of pain. The purpose of this study was to examine the usefulness and design of a sing-a-long DVD activity package for long-term care residents and those attending recreation programs in retirement homes and day-care centres. Some participants had dementia and some did not. Over five weeks participants were observed during the DVD programming and upon the conclusion were interviewed or participated in a focus group to qualitatively assess their experiences. Analysis of the data revealed the following themes: (a) engagement/active participation; (b) social interaction; (c) meaning; (d) fun; (e) fun; (f) healthy; (g) stimulating; and (h) effective. The researcher concluded that facilitators easily implemented the DVD sing-a-long program and would recommend it to other facilities. Positive effects were seen in residents' engagement, cognitive stimulation, reminiscence, physical health, and quality of life.

Kitwood, T (1997). The experience of dementia. *Aging & Mental Health*, 1 (1): 13-22.

Kitwood's paper is one of the first of its kind to explore the subjectivity of the experience of dementia. He draws on research that has been done in this area and makes his own observations about

the need to include the person with dementia's unique opinion and personality. Kitwood argues that there are 6 access routes to gain insight into the subjective world of dementia: (a) through the accounts that have been written by people who have dementia; (b) careful listening to what people say, in some kind of interview or group; (c) attending carefully and imaginatively to what people say and do in the course of their ordinary life; (d) consulting people who have undergone an illness with dementia-like features; (e) through the use of our own poetic imagination; and (f) using role play: taking on the part of someone who has dementia in a simulated care environment. In addition to these access routes there are 5 great needs, which come together in the central need for love, and although these needs are present in all human beings they are more evident in those with dementia. These needs are: attachment, comfort, identity, occupation and inclusion. Kitwood concludes with the argument that successful and impactful person-centred care is built on attending to these access routes and thus meeting the needs of people with dementia.

Kontos, P & Martin, W, (2013). Embodiment and dementia: exploring critical narratives of selfhood, surveillance, and dementia care. *Dementia*, 12(3) 288-302. DOI: 10.1177/1471301213479787

Embodiment brings attention to the lived experiences of the body and thus how our perceptions, experiences, and social interactions are shaped by it. The concept of embodiment is emerging as an important aspect of dementia care and research that has the potential to increase our understanding of selfhood and memory. The purpose of this paper is to highlight the significance of the body in dementia care and the benefits that professionals can gain from an embodied perspective in their research and practice. This critical literature review was organized into three key narratives: (a) rethinking selfhood: exploring embodied dimensions; (b) surveillance, discipline, and the body in dementia and dementia care; and (c) embodied innovations in dementia care practice. The authors conclude that the literature emphasizes the embodiment of persons with dementia, the role of this in personhood, and points to issues regarding culture, power, and social control. Further research in this area will benefit from a diversity of backgrounds and perspectives.

Kydd, P (2001). Using music therapy to help a client with Alzheimer's disease adapt to long term care. *American Journal of Alzheimer's Disease and Other Dementias*. 16 (2) 103-108

The transition from home to a long-term care facility is a trying time for both the individual with dementia and their loved ones. Research has found that residents often go through three phases: feeling overwhelmed, adjustment, and initial acceptance. Music therapy has been proposed as a method to help ease this transition by keeping something familiar and consistent in their life – the music. This study utilizes a case study methodology to examine the effects of music therapy on the transition to life in a long-term care setting of a resident with Alzheimer's disease. The results showed that the participant was much more pleasant, social, happier, and less confused now that he had been successfully transitioned into the care facility, and had music in his life on a routine basis. The author concluded that music should be offered to all residents, as the positive effects had the potential to go beyond the transition period and increase the quality of care and life in the care home environment.

Lewis, V, Bauer, M, Winbolt, M, Chenco, C, & Hanley F (2015). A study of the effectiveness of MP3 players to support family carers of people living with dementia at home. *International Psychogeriatrics*, 27:3, 471-479. DOI:10.1017/S1041610214001999

Pharmacological therapies have been the traditional approach to dementia care however, have largely been shown to be ineffective at reducing symptoms. Thus, the need for alternative therapies, such as music therapy, have been proposed as a method to increase the quality of life for the individual with dementia, along with their carers. The purpose of this study was to determine if personalized music through the medium of a MP3 player would be an effective strategy to provide individuals with dementia with an enjoyable experience while simultaneously creating free time for their carers. A mixed method design was implemented with the use of a self-report questionnaire completed by the carers, a diary to document MP3 use completed by the carers, and a semi-structured phone interview conducted post-study between carers and researchers. The results revealed that the MP3 players were most commonly used during “sundowning” (between 3-6 pm), a time when individuals with dementia are often more confused or restless. The use of the MP3 players also provided carers with the time to complete other chores, to relax, socialize, and eat or sleep. Overall, listening to music was seen to have a calming effect on the person with dementia, which consequently reduced the caregivers’ need for constant surveillance, thus reducing their stress levels.

McDermott, Orrell M, Ridder, H (2014). The importance of music for people with dementia: the perspectives of people with dementia, family carers, staff and music therapists. *Aging & Mental Health*, 18 (6) 706-716. DOI: 10.1080/13607863.2013.875124

Music-based therapeutic strategies are becoming more widely accepted as beneficial for the psychological wellbeing of people with dementia. However, there is still little knowledge about the perspective of these individuals, and exactly how and why they find music to have a positive influence on their life. This study aims to explore this insider’s perspective, while also investigating how families, care home staff, and music therapists perceive the effects of music on persons with dementia. This study is also apart of a project with the goal of developing a theoretical model of music in dementia, and a music therapy outcome measure. Focus groups and interviews were conducted with all participants. Analysis of the qualitative data revealed 6 key themes: (a) here and now; (b) who you are; (c) connectedness; (d) effects of music on mood; (e) effects of music on care home environment; (f) evaluation and communication of music therapy clinical work. The authors connected these themes to build a theoretical framework which can be conceptualized as follows: a successful here and now intervention allows each person with dementia to be who you are, which in turn leads to meaningful connectedness with other people and their environment.

Osman, S, Tischler, V, Schneider, J (2014). “Singing for the Brain”: a qualitative study exploring the health and wellbeing benefits of singing for people with dementia and their carers. *Dementia*, 0 (0) 1-14. DOI: 10.1177/1471301214556291

‘Singing for the Brain’ is a program established by The Alzheimer’s Society in the United Kingdom. The sessions are themed and involve a musician, individuals with dementia, and their respective carers. In a large circle, participants sing familiar songs based on the particular theme with the aim of fostering social interaction, peer support, and engagement. This program model combines aspects of reminiscence and music therapy. This study aimed to explore the experiences of people with dementia and their carers attending ‘Singing for the Brain’. Qualitative, semi-structured interviews were

conducted to gather in-depth information on participants' experiences. Analysis revealed 6 key themes: (a) social inclusion and support; (b) a shared experience; (c) positive impact on relationships; (d) positive impact on memory; (e) lifting the spirits; and (f) acceptance of the diagnosis. All of these themes are supported by direct quotations from the person with dementia and their carers, and make the important conclusion that the perspectives of persons with dementia are an invaluable source of information regarding the experience of dementia, and describe the intrinsic value of music for both them and their carers.

Särkämö, T, Laitinen, S, Tervaniemi, M, Numminen, A, Kurki, M, & Rantanen, P (2012). Music, emotion, and dementia: insight from neuroscientific and clinical research. *Music and Medicine* 4(3) 153-162. DOI: 10.1177/1943862112445323

A global aging population, increasing rates of dementia and subsequent caregiver burnout, frame a situation that calls for the need of pleasant, stimulating, and simple activities to maintain the cognitive and emotional capacity of persons with dementia. Music is one of these activities. This article reviews previous studies on emotional and cognitive effects of music in healthy persons and persons with dementia. It provides neuroscientific insight into: emotional and cognitive effects of music, the processing of music by the brain, musical skills and dementia, music therapy and dementia, and caregiver-implemented musical activities and dementia. This review notes the limited methodology utilized to study this area, and that more concrete evidence is needed to make conclusions regarding music and cognitive function. Additionally, this review makes explicit the need for a more leisure perspective on music, outside of a structured music therapy protocol. Regardless, in the studies reviewed, music has been shown to be a powerful stimulus both emotionally and cognitively, even in individuals with degenerating dementia.

Sixsmith, A & Gibson, G (2007). Music and the wellbeing of people with dementia. *Ageing & Society*, 27, 127-145. DOI:10.1017/S0144686X06005228

The enjoyment and participation in music can be traced back to the earliest civilizations. However, only until recently has research revealed that music has the potential to improve the quality of life of older adults. This improvement has been shown in individuals with and without dementia. Some have argued that musical abilities and memories may not be associated with the deterioration of speech and language seen in individuals with dementia. This paper reports the everyday experience of music and music-related activities amongst a sample of older adults with dementia in 3 regions of England. In-depth qualitative interviews were conducted with 26 participants. Analysis revealed four themes, with various additional subthemes, the key themes were: (a) the role of music in the lives of people with dementia; (b) the benefits of music; (c) problems in encountering music; and (d) difficulties in using music-playing devices. The study also noted that the main barrier for people with dementia to participating in musical activities was the reliance on others to access the music which often interfered with their received support and care. Thus, targeting musical interventions that include the caregiver are important to the success of music as a therapeutic tool. The authors concluded that people with dementia can still enjoy many of the everyday activities, including those that involve music, that contribute to a good quality of life.

Volicer, L (2013). Palliative care in dementia. *Progress in Palliative Care*, 21 (3) 146 -150. DOI: 10.1179/1743291X12Y.0000000036

The ultimate goal of palliative care is to improve the quality of life of the patient and their family. In cases of dementia, this type of care should begin at the time of diagnosis, and carry through, making adjustments, for all stages of the illness. This article is a narrative review that discusses three main influences on quality of life: meaningful activity, medical issues, and behavioural symptoms. Meaningful activities such as cognitive stimulation or purposeful activities of daily living, have been shown to decrease the need for medication, decrease agitation, improve sleep, and increase interest. Palliative care in dementia notes the importance of treating medical issues in the here-and-now, and not necessarily for long-term effects. Additionally, behavioural symptoms represent a significant aspect of dementia care that emphasize the importance of communication in order to provide quality and effective interventions. End-of-life issues are diverse and unique in most dementia cases, thus the importance of palliative care is significant. Palliative care in dementia increases the patient's quality of life allowing their last days to be filled with dignity.