

## Developing a Best Music Practices Model to Promote “Musical Health” for Persons Living with Dementia



Webinar Presented By:

Dr. Laurel Young, MTA

Associate Professor of Music Therapy

Creative Arts Therapies Department, Concordia University

Associate Director of engAGE: Concordia Centre for Research on Aging

Research Member CREGÉS, PERFORM &

Concordia's Arts in Health Research Collective (AHRC)

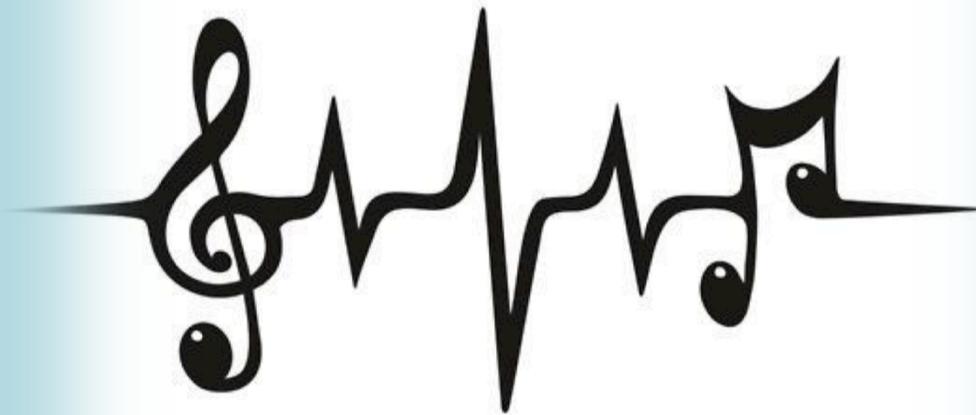


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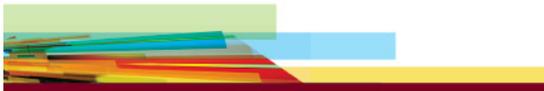
# Stories...

*Gary & Rose*

*Oscar*

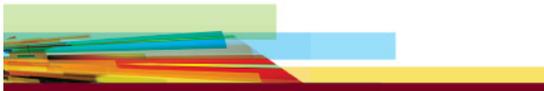


*John & Carol*



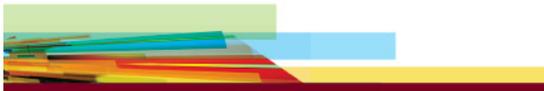
# Who am I?

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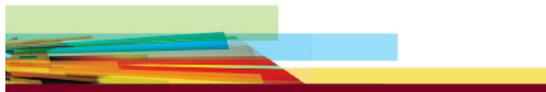
# Why is this topic important?

- *Dementia*: refers to a variety of progressive brain disorders.
- 47 million living with dementia worldwide; 131 million by 2050
- 564,000+ Canadians living with dementia; 16,000 under age 65; 125,000+ Quebecers; 181,000+ Ontarians
- 25,000 new cases diagnosed in Canada each year
- Persons with dementia are living longer; years in the most severe stage.
- While waiting for a cure, PLWD deserve the best possible quality of life.



# Why music? (1)

- Areas of brain related to musical functioning often fully/partially preserved in PLWD.
- Procedural music memory is often spared (Baird & Samson, 2009; Beatty et al., 1999...).
- New musical learning can occur in musicians (Crystal, Grober, & Masur, 1989; Fornazzari et al., 2006...)  
& non-musicians (Cevasco & Grant, 2006; Prickett & Moore, 1991...).
- Musical perception, sensibility, emotion, & memory may be heightened after other forms of memory have disappeared (Cuddy et al., 2012; Gagnon, Gosselin, Provencher, & Bier, 2012; Sacks, 2007).
- **Hypothesis:** The brain may have a memory system for music that is wholly/partially unaffected by most dementias which may be functionally & physiologically distinct from other domains (i.e., verbal & visual memory; Peretz, 1996; Peretz & Coltheart, 2003; York, 1994).

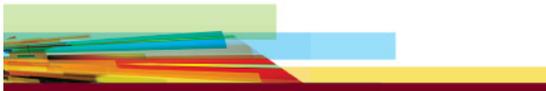


## Why music? (2)

- Personalized music experiences that maintain/heighten preserved music functions (i.e., promote “musical health”) may be crucial in helping PLWD to realize their full potential for living well.
- In other words, the better one is functioning musically, the better he/she may function overall, thus improving QoL.
- Music can help PLWD to connect with their environment, engage in meaningful relationships, and maintain their sense of identity (McDermott, Orrell, & Ridder, 2014; Sacks, 2007); it also has “practical” applications (Brown, Götell, & Ekman, 2001a,2001b; Clair, 2001a, 2001b, 2001c...).

## Value of Music and/or Music Therapy for PLWD: Not a new idea...

- Music Therapy: A clinical profession officially founded in North America in 1950 (1974-75 in Canada).
- Music therapists have been working with PLWD since that time.
- 5 university MT training programs in Canada; 80+ in the US.
- 729+ certified music therapists in Canada (Music Therapist Accredited – MTA©).
- 1991: US Senate passed: *The Music Therapy for Older Americans Act*.
- <https://www.youtube.com/watch?v=53gsB81Z6qc>
- Impact in Canada?



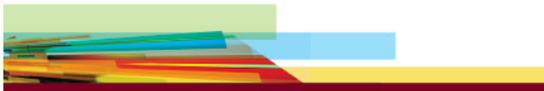
# Important Question

- Is optimal musical health being consistently promoted for PLWD (*in Canadian LTC*) through music experiences/clinical interventions that are being realized within a best practices framework?
- A **Best Practice** is an intervention, program, service, or strategy that demonstrates **high impact** and **high adaptability**, which are confirmed through **quality evidence** gathered through research/other evaluation procedures (*Public Health Agency of Canada Best Practices Portal*).
- **Answer: No!**
- Why not?

# Music Practices in Canadian LTC Contexts

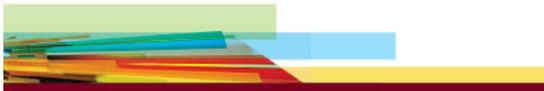
(Foster & Bartell, 2016; Kaasalainen, Sussman...Young, et al., (ongoing); Young, 2013)

- Most healthcare administrators/staff believe music is beneficial for PLWD but have limited understanding as to why or what a full scope of best music practices could involve.
- Music and/or music therapy is usually not perceived as a clinical service or as a standard part of care for PLWD.
- Incongruence among LTC facilities with regard to type, consistency, & quality of music services being offered.
- Music therapists are usually not integrated as part of the LTC interprofessional team; hours of service & scope of practice limited.
- Disconnect between research & practice; disconnect among disciplines conducting music & dementia research.



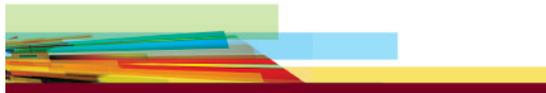
# Disconnect Between Research & Practice (1)

- **An example:** iPod music listening programs: Promoted/perceived as a “best music practices” initiative.
  - Viral YouTube clip from documentary “Alive Inside” has resulted in false assumptions/ generalizations about how music “works” for PLWD. <https://www.youtube.com/watch?v=HIm0Qd4mP-I>
  - Scientific evidence cited to support effectiveness of personalized iPod music listening programs is being applied out of context. <https://musicandmemory.org/music-brain-resources/current-research/>
  - 2017 Brown University Study: “*Individualized Music Program is Associated with Improved Outcomes for U.S. Nursing Home Residents with Dementia.*” <https://www.ncbi.nlm.nih.gov/pubmed/28483436>  
*Title is misleading; considerable methodological limitations; read the study!*
- “Keeping Music & Memory in Context...we need to stop looking for a magic bullet” (Dr. Al Power) <https://changingaging.org/dementia/keeping-music-and-memory-in-context/>



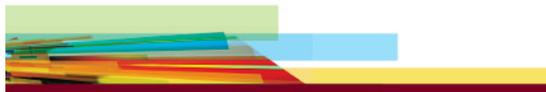
## Disconnect Between Research & Practice (2)

- Research/anecdotal evidence not being widely considered:
  - For PLWD, music can also irritate, escalate negative behaviours, evoke feelings of sadness/ loneliness/anxiety, &/or elicit involuntary responses. Ability to control the sound source may also be important (Foster & Bartell, 2016; Freedman, 2014; Hallam, 2012; Swayne, 2014; Young, 2013).
  - Well meaning people sometimes use music in unhelpful ways with vulnerable individuals (Norman, 2012; Young, 2017).
  - Persons with frontal temporal lobe dementia can experience changes in their music preferences (Geroldi et al., 2000; Mell, Howard, & Miller, 2003; Ridder & Aldridge, 2005).
  - Hearing impairments can distort the way that music is processed & heard. 2/3 adults 70+; may even be a predictor of dementia (Lin et al., 2013).



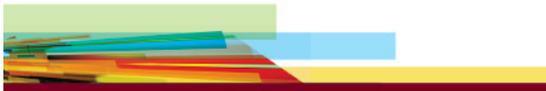
# Next Steps (1)

- **GOAL:** To develop, implement, and assess sustainable best music practice models/frameworks to ensure optimal musical health/QoL for PLWD [in LTC].
  - **Holistic Conceptualization of Topic**
    - Appraisal & synthesis of knowledge/research from all relevant disciplines (I am working on this, hope to have other research partners).
  - **Examine Current & Potential Music and Music Therapy Practices to assess impact and adaptability. Some examples...**
    - The Soundtrack of Life Pilot Study: Developing iPod-Based Personalized Music Listening Programs for Residents with Advanced Dementia (Young, L. & Foster, W. - manuscript in preparation)
    - RCT study in Australia comparing Group Music Therapy versus Choral Singing for PLWD (\$1 million+ government research grant)
    - Room 217 Partners Pilot Study



## Next Steps (2)

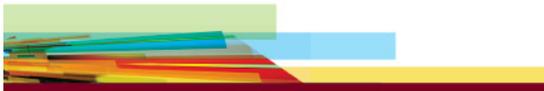
- **GOAL:** To develop, implement, and assess sustainable best music practice models/frameworks to ensure optimal musical health/QoL for PLWD [in LTC].
  - **Create Comprehensive Scope of Best Music Practices for PLWD.**
    - This includes understanding “who (health professionals, other caregivers, volunteers, certified music therapists, etc.) does what and why.” Music therapists should be able to realize the full potential of their skills and knowledge – they are an underutilized resource.
  - **Music Therapist Professional Leadership:**
    - Ensures knowledge translation, quality assurance, and sustainability of an interprofessional best music practices model that promotes musical health to improve QoL for PLWD. I believe that this model can be cost effective.
  - **Education & Advocacy:**
    - Importance & role(s) of music for PLWD needs to be better understood. Need “buy in” from health care staff, administrators, government policy makers, other stakeholders.





*“Music is no luxury [for persons living with dementia], but a necessity”*

*Oliver Sacks, 2007*



*Special thanks to:*



*&*

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**Questions/Comments...**

**Contact: [laurel.young@concordia.ca](mailto:laurel.young@concordia.ca)**

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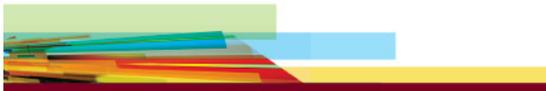


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## Additional Information & Resources (1)

- <http://www.musicotherapieaqm.org/media/2015/Appareils.pdf>
- <http://www.musicotherapieaqm.org/media/2015/Personallistening.pdf>
- [http://www.musicotherapieaqm.org/media/2015/Music\\_Therapy\\_For\\_Individuals\\_with\\_Alzheimerand\\_Other\\_Dementias.pdf](http://www.musicotherapieaqm.org/media/2015/Music_Therapy_For_Individuals_with_Alzheimerand_Other_Dementias.pdf)
- <http://www.austmta.org.au/sites/austmta.org.au/files/AMTA%20Statement%20-%20Alive%20Inside%20.pdf>
- [www.musictherapy.ca](http://www.musictherapy.ca); [www.musictherapytrust.net](http://www.musictherapytrust.net); [www.musictherapy.org](http://www.musictherapy.org); [www.musicheals.ca](http://www.musicheals.ca); [www.facebook.com/canadianassociationformusictherapy/?fref=ts](https://www.facebook.com/canadianassociationformusictherapy/?fref=ts)
- \$\$ Book by music therapist Robin Rio: Connecting through music with people with dementia: A guide for caregivers. <https://www.amazon.com/Robin-Rio/e/B001JPAC9Y>
- \$8.00 Chapter 21: Persons with AD and other dementias: by Laurel Young - <https://www.barcelonapublishers.com/e-chapters/guidelines-for-music-therapy-practice-in-mental-health> (e-version) See reference list at the end of the Chapter.
- Clements-Cortes, A., Pearson, C., & Chang, K. (2015). Creating Effective Music Listening Opportunities. Toronto, Ontario: Baycrest. [www.baycrest.org/care/culture-arts-innovation/therapeutic-arts/music-therapy/creating-effective-music-listening-opportunities](http://www.baycrest.org/care/culture-arts-innovation/therapeutic-arts/music-therapy/creating-effective-music-listening-opportunities) (English & French).



## Additional Information & Resources (2)

- [https://www.youtube.com/watch?v=SwT8J\\_fNUO4](https://www.youtube.com/watch?v=SwT8J_fNUO4) (music therapy clip)
- <https://www.youtube.com/watch?v=Gq976VMSNtw> (music therapy media story)
- Young, L. <https://blog.oup.com/2017/02/challenging-assumptions-how-music-helps/>
- Information on large RCT study to be conducted in Australia comparing music therapy group and chorale singing for PLWD: <http://precinct.vca-mcm.unimelb.edu.au/2017/08/04/music-therapy-and-dementia-a-world-first-study-is-born/>
- Norman R. <https://soundscapemusictherapy.com/2012/07/25/can-music-cause-harm-part-one/> and <https://soundscapemusictherapy.com/2012/08/02/can-music-cause-harm-part-two/>

