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Melodic Memories: A Guidebook to Enhance Dementia Care through Music

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Melodic Memories: A Guidebook to Enhance Dementia Care through Music

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Background

Currently, more than 55 million people have been diagnosed with dementia worldwide and every year, there are nearly 10 million new cases (World Health Organization, 2023). Dementia presents a range of signs and symptoms and can vary per the individual. The affected areas include cognition, behavior, and emotions, perceptual abilities, speech, and language. Living in a long-term care (LTC) facility is sometimes the last result for individuals with dementia when their symptoms have worsened over time and can no longer remain safe with family or caregivers. Approximately 47% of nursing home residents have dementia (Padilla, 2011). LTC facilities, including nursing homes and skilled nursing facilities, can negatively impact those with dementia, leading to decreased psychological and physical health and increased mortality (Eska et al., 2013). Living in a LTC facility often results in the loss of an individual's home and familiar social environment, which can further impact memory, identity, independence, and dignity (Eska et al., 2013). According to the literature, living in a LTC facility can have varied effects on everyday life and requires the behavioral, emotional, and cognitive reorientation and adaptation of all individuals involved (Eska et al., 2013). The literature stresses the lack of individualized care for dementia patients, highlighting the need for personalized approaches, especially in musical interventions (Weise et al., 2018). Music has the potential of providing opportunities to explore and build self-identity, promoting social interaction, maintaining feelings related to wellbeing, enhancing feelings of spirituality, and providing opportunities for reminiscence by evoking strong memories (Sixsmith & Gibson, 2007). One key constraint is the failure to tailor musical interventions to the preference of the individual with dementia (Weise et al., 2018). Not all individuals respond to the same type of music, and personalized approaches are crucial for maximizing the benefits. While guidelines exist, there are still gaps where further development is needed.

Problem

There is a lack of current guidelines to help OT practitioners implement an interprofessional individualized music-based intervention plan in long-term care facilities.

Purpose

To create a guidebook for OT practitioners to utilize music within their practice to optimize occupational engagement (OE) and quality of life (QoL) for individuals with dementia living in long-term care.

Methods

This project consisted of 5 phases during a 14-week experience:

Orientation Phase:
Analyze strength & needs

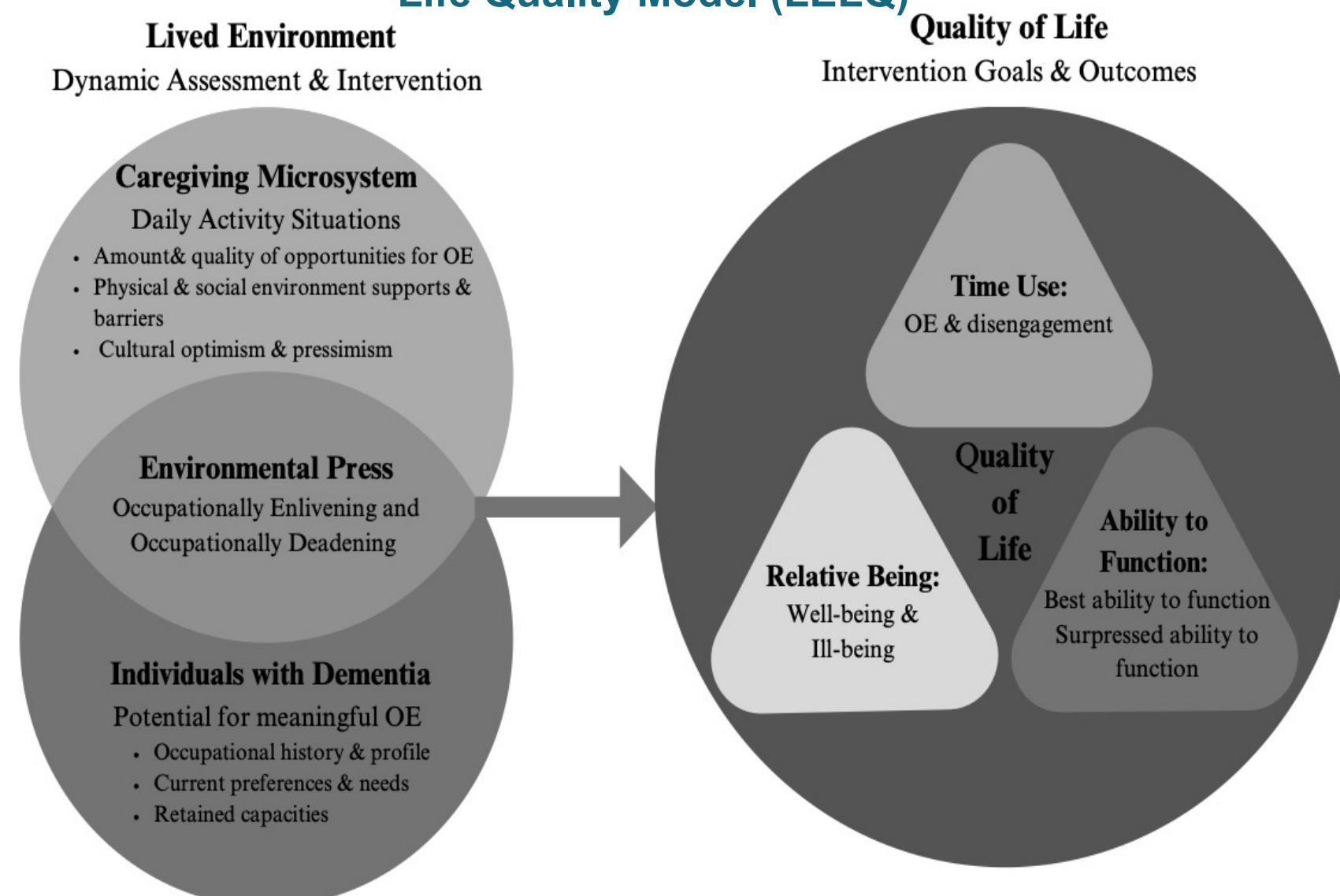
Developmental Phase:
Create guidebook

Implementation Phase:
Execute music-based sessions

Revision Phase:
Finalize guidebook

Dissemination Phase:
Submit proposal to present at TOTA Conference

Theoretical Framework: The Lived Environment Life Quality Model (LELQ)



Melodic Memories Content

Section 1: Background

- Dementia: Signs and symptoms, stages, subtypes
- Impact on OE and QoL
- Impact of LTC on individuals with dementia
- Constraints impacting dementia care
- Music as an intervention
- Challenges in individualized music interventions
- The need for comprehensive music guidelines
- Why music?
- Occupational therapy & music
- OT practitioner's vs music therapist

Section 2: Assessment and Evaluation

- LELQ Model
- Occupational Profile (OP)
- Additional assessments

Section 3: Environmental Press

- Social environment & built-in environment (Observation, environmental check, interview caregiver)
- Occupational enlivening environmental press (assessments of preferences, selection of music, environmental modifications)
- Application of LELQ Model

Section 4: Music-Based Interventions

- Selecting music-based interventions (Music listening, singing groups, music and movement)
- Incorporating music into ADL routine
- Intervention plan: Step-by-step
- Ideas for activities

Section 5: Case Studies and Real-Life Examples

- 3 case studies provided with intervention plan

Section 6: Additional Resources

- Books and publications, websites, documentaries, & other resources

Discussion

Strengths

- Integration of music: Unique way to engage residents, making therapy sessions more enjoyable and impactful.
- Individualization: Tailored to each resident's individual preferences and needs, enhancing the overall effectiveness.
- Interprofessional collaboration: Fostered collaboration and support for implementing music-based interventions.

Limitations

- Duration: Most of the 14-week period was spent developing the program, which only left a little time for an informal pilot test of some activities.
- Fluctuating symptoms and behaviors: Managing and adapting to their cognitive impairments.
- Engagement levels: Ensuring that staff members are consistently engaged and enthusiastic about music interventions can be challenging.

Implications

- Utilizing the LELQ Model in future studies can contribute to the growing body of evidence-based practices in dementia care.
- Based on an informal pilot test of some the Melodic Memories activities, the program shows promise to potentially benefit future research, encouraging exploration and validation of music-based interventions in long-term care facilities, as well as other settings if applicable.

Guidebook!



Contact me!



References



This project did not involve human subjects and does not require IRB approval.

Acknowledgement: Special thanks to the individuals with dementia, their families and staff who contributed to the development of this project!







