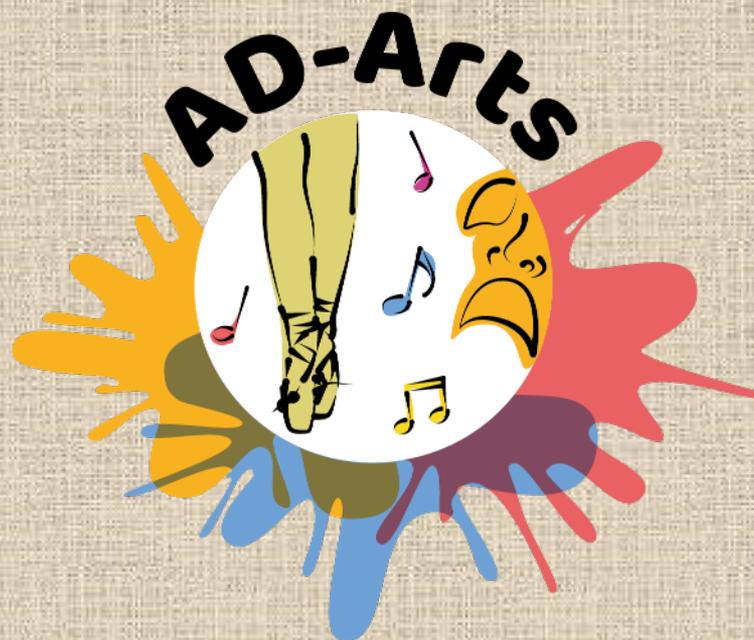


AD-ARTS

MUSIC THERAPY FOR PwAD



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What is Music Therapy?

Music therapy is defined by the World Federation of Music Therapy (WFMT) as “the use of music and its elements as an intervention in medical, educational, and everyday environments with individuals, groups, families, or communities who seek to optimize their quality of life and improve their physical, social, communicative, emotional, intellectual, and spiritual health and wellbeing” (WFMT, 2011).



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What is Music Therapy?

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.



After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music



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What is Music Therapy?

Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives.

Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words.

Research in music therapy supports its effectiveness in many areas such as:

- Overall physical rehabilitation and facilitating movement,
- Increasing people's motivation to become engaged in their treatment,
- Providing emotional support for clients and their families,
- Providing an outlet for expression of feelings.



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Main Objectives of Music Therapy

The goal of music therapy is to achieve the objectives that cater to the needs of the patient. Depending on the areas that the patient is lacking in, treatment may help in improving motor function, social skills, emotions and coordination. It aims to promote self-expression and growth in the patient.



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Main Objectives of Music Therapy

How that individual is growing from the music varies. Music has the power to stimulate the brain in a way that no other therapy can. When a therapist is working on a patient that is suffering from a physical condition the sound and rhythm can actually assist them in completing a timed motion.



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Main Objectives of Music Therapy

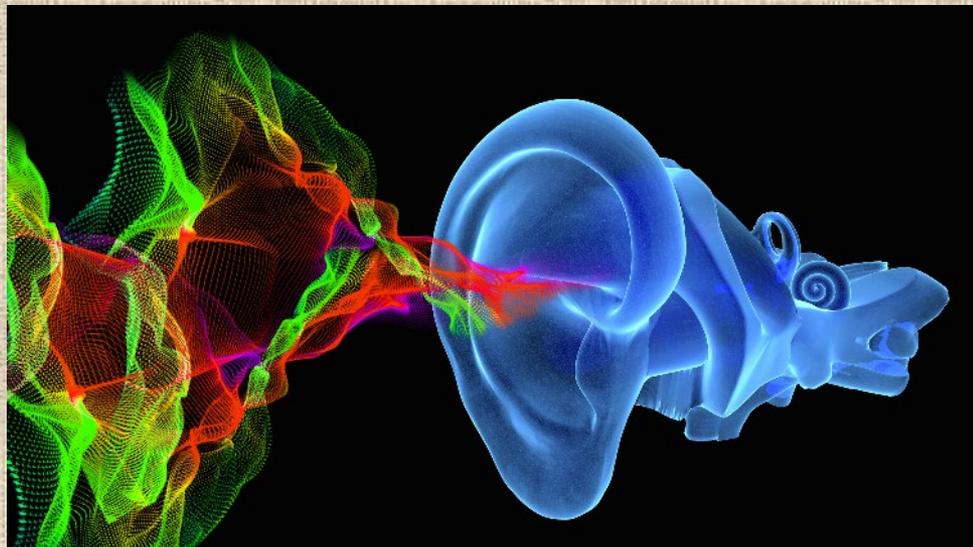
The focus of the therapy is to help the clients in an aesthetic manner. When the patient can make progress with physical movement or when they begin to experience more motivation then the therapy is proven effective.



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Main Objectives of Music Therapy

Music is powerful in exploring individual emotions because it is a neutral way to promote wellbeing without an aggressive approach (American Music Therapy Association).



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Impacts of Music Therapy on cognitive, behavioral and emotional symptoms:

Behavioral and psychological symptoms of dementia are common problems associated with high levels of significant distress and a poor quality of life in patients with dementia and their caregivers. Importantly, almost half of these patients have at least four of the following neuropsychiatric symptoms: apathy, depression, irritability, agitation and anxiety, euphoria, hallucinations, and disinhibition. Therefore, behavioral and psychological symptoms of dementia are relevant and meaningful clinical targets for intervention.



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Impacts of Music Therapy on cognitive, behavioral and emotional symptoms:

Because musical participation and response does not depend on the ability to speak, music therapy is a particularly effective clinical intervention for people who have difficulty communicating verbally. For people affected by dementia can, through the powerfully evocative nature of music, connect with these memories again and share these with others.



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Impacts of Music Therapy on cognitive, behavioral and emotional symptoms:

Music therapy can help to:

- promote social interaction such as turn-taking, eye-contact
- encourage a sense of self through improvised music
- give an older person the opportunity to reminisce through the use of song and talking
- aid relaxation
- encourage the expression of intense feelings such as anger, frustration, sadness
- enhance exploratory and creative abilities



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Main methodologies and tools to use Music Therapy for PwD:

Music therapists can use two different ways:

Active and receptive:

Active is when users participate playing instruments or singing.

Receptive is when users do not play or sing songs but listen to music played for them live or from recording is an active way too.



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Main methodologies and tools to use Music Therapy for PwD:

Music can be used in a range of structured or unstructured ways, either individually or in a group, such as:

- Listening to a live performance
- Playing instruments or singing
- Listening to favorite pieces of recorded music.



Benefits of Music Therapy for PwAD

Music accesses different parts of the brain than language, so music can be used to communicate or engage with someone who has been diagnosed with dementia, even if they no longer speak or respond to other people's words.

Playing soothing music to a person may inspire an emotional reaction in them. Playing music that meant something to them, such as a favourite song, a piece of music from their wedding, or a tune they used to sing to their children, can tap into powerful memories and emotions.



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Benefits of Music Therapy for PwAD

- ❑ Music can be a useful way to change somebody's mood, especially during personal care. For instance, if a person diagnosed with dementia resists your efforts to help them get dressed, playing soothing music or a favourite song can help lessen any distress.
- ❑ Music helps people with dementia express feelings and ideas.
- ❑ Music can help the person connect with others around them.
- ❑ It can encourage social interaction and promotes activity in groups.
- ❑ It can reduce social isolation.
- ❑ It can facilitate physical exercise and dance or movement.



Benefits of Music Therapy for Caregivers

We know that **caregivers** encounter increased stress over caring for a loved one. Studies show that listening to **music** can lead to increased secretion levels of melatonin, a hormone associated with mood regulation, lower aggression, reduced depression and enhanced sleep.

Using music to cope with these common caregiver complaints can be a welcome relief to caregiver burn-out. Also, reduce stress and anxiety, relaxed muscle tension and change mood. All of them help caregivers to deal with the situation.



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General guidelines for professionals/relatives

Participants may need some special modifications on the activities in order to help them to carry out the tasks. Depending on the impairment of them the professional could take more or less part in the activities. Sometimes participants need support to make decisions or choose things.

Hints and tips:

- ★ Speak slowly and clearly while using a calm and friendly voice.
- ★ Using simple language. People did not have the same opportunities for education so using complex sentences or words could be awkward and confusing for them.
- ★ Avoid long explanations. Participants need explanations to be easy and direct in order to understand. Keep it concise and simple.



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General guidelines for professionals/relatives

Hints and tips:

- ★ Help them with examples. It is really useful to demonstrate the activity with images or performing beforehand.
- ★ Use gestures to help them understand. For example, if you say, “Let’s dance” use a body motion with your invitation.
- ★ Maintain eye contact and do not forget to smile.



General guidelines for professionals/relatives

Why to use images, drawings or pictures:

Every person with dementia will have difficulties with communication and understanding.

They may have trouble finding a word, not understand what you are saying or lose the ability to read and write. They may not be able to express their thoughts and feelings they are experiencing but the use of images can be more useful and understandable than conventional explanations therefore it is recommended to support the explanations with images (if it is available)

Jump to BODY PERCUSSION

<https://webstockreview.net/pict/getfirst>



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General guidelines for professionals/relatives

When a topic is chosen to select/find a song:

Professional tells participants key words in order to find songs about the chosen topic. For example if the topic is about seasons the key words could be: cold, warm, wind, lots of flowers, snow, rain, etc.

It is recommended to find some songs of the topic before said and if it is available, there are some potencial songs for participants because they know them.



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Expected Results of Music Therapy :

Some of the expected outcomes of music therapy include:

- developing an enhanced awareness of self, through musical (non-verbal) and verbal interaction.
- sharing and expressing feelings.
- development of physical, sensory and cognitive skills.
- positive changes in mood and emotional well-being.
- improved concentration and attention span.
- increased self-confidence, self-esteem, personal insight and motivation.
- development of independence and decision-making skills.
- enjoyment and improvement in quality of life.
- better social interactions with others.



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Expected Results of Music Therapy :

In addition, Music Therapy sessions can support the development of skills such as:

- active improvised music making (using both instruments and voice).
- Listening.
- gross and fine motor movements.
- sequential memory and recall of information.
- self-management of behaviour.
- reduction in self-harm.

Music Therapy can be an effective non-pharmacological approach to reduce anxiety and agitation.



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Competences of Music Therapy

Professionals:

In Music Therapy, professionals should be able to perform as described below:

- ❑ Capable of identifying settings and client group(s) with whom music therapy is practiced.
- ❑ Able to identify and describe key approaches and methods used in music therapy practice.
- ❑ Able to understand the theory of group work and group dynamics
- ❑ Able to understand the influence of music on behaviour
- ❑ Be aware of the potential of pre-composed music for eliciting physiological and psychological



Guidelines for trainers: “Hints and tips”.

Depending on the impairment of the user the professional/relative could take more or less part in the activities. Sometimes users need support to make decisions or choose things.

Professional/relative can give them hints and tips to make them easier, for example:

- Asking questions to help them.
- Letting them enough time to answer the question or to do the activity.
- Helping them by telling them some words.
- Asking questions in different ways.
- Explaining the activity very clear and direct.
- Always showing an example.
- Using short or precise guidelines.



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Application in domiciliary environments.

Creating a playlist could help relatives for using music in domiciliary environments.

The music used in this context should consider the preferences of the participants.

Once relative has a playlist there are some tasks to carry on with PwD:

Listening to music of the playlist.

Singing the songs. Relative could prepare the lyrics in case they do not remember.



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Application in domiciliary environments.

While singing just some words/sections of a song and they can just listen to the rest of the song or they can try to guess words of a song by stopping the song and listening again.

Clapping hands with the rhythm or with a music instrument like a tambourine would help the participants also physically.



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Application in domiciliary environments.

Using music at home can be an effective therapy (or activity??) for PwD. It could be weekly, twice a week or three times a week. The suitable length does not exist because it depends on how participants feel, their mood, etc. It is recommended that the activity does not last more than an hour otherwise as time passes their attention and concentration would be reduced.

Participants need routines so it would be good, if possible, to have the sessions always in the same place therefore professionals should adapt the place or remove distractions in order to keep their attention better.

Finally, having sessions at home would give great moments not only for them but also for relatives.



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Application in institutional environments.

Music therapy has a general structure:

Step 1: Planning the session. Therapists plan the activities and materials they are going to use in the session. Therapists should think about the length of the session and how many participants there are. They also define the objectives of the session-what they want to work on-. Once they know them they organise the materials needed.

Step 2: The session. Therapists carry out the session. Once everything is prepared therapists could start the session with a known song to engage participants.

Step 3: The assessment. During the session therapists should observe participants's reactions in order to adapt to them. Once it is finished therapists should assess the session, for example: if they are active or not, or if they usually have carried out the therapist's proposals.



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Guidelines for trainers: Some ideas on how to prepare the action(s):

Before starting the activity professional should prepare all the materials to carry out the task without interruptions.

Once the group is prepared the professional starts speaking and asking questions about music.

- For example. Do you like music? Do you like listening to music? What is your favourite song?

The goal is to introduce what the activity is about. Prepare some examples. Starting the training activity speaking about the title of the activity.

- For example: What do you think the activity is about?

Prepare some images to support the activities. It is helpful for participants to see images during the explanation of the activity.



Images to Show the Different Topics or Related to the Show:

It is important to use images in order to help PwD to understand the task.

In this activity the images for seasons, flowers and singers could be:



Seasons



Flowers



Singers

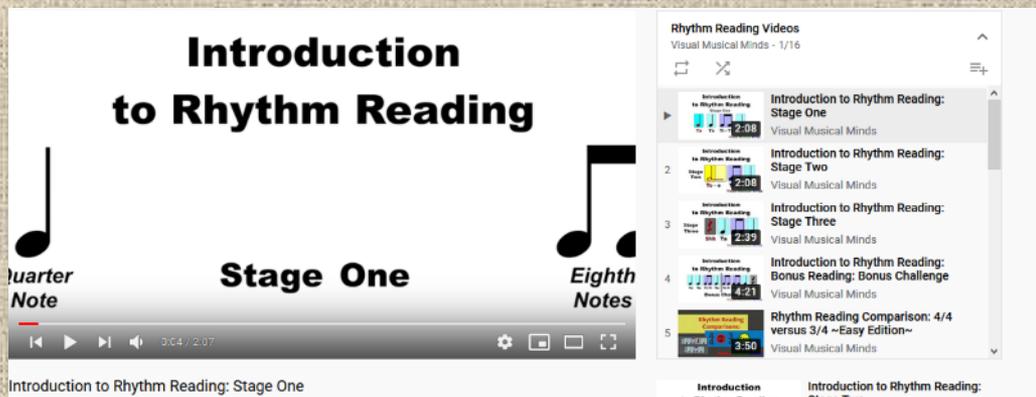


Guidelines for trainers: how to create a rhythm:

Rhythm, in music, the placement of sounds in time. In its most general sense, **rhythm** (Greek *rhythmos*, derived from *rhein*, “to flow”) is an ordered alternation of contrasting elements

You can watch this video to know more about rhythm and how to practice it:

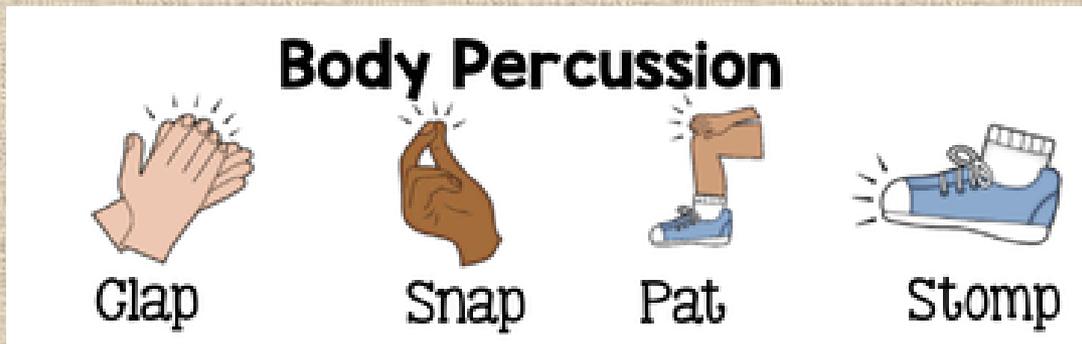
<https://www.youtube.com/watch?v=4vZ5mlfZlgk&list=PLzPP1Evz0WkRAkDUUT-KvVs1CbRbgtdyu>



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Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD:

Body percussion is the art of striking the **body** to produce various types of sounds for didactic, therapeutic, anthropological and social purposes.



<http://www.musicwithmrshatch.com/music-class/distance-learning-day-2-body-percussion#>



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Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD:

Traditionally the four main body percussion sounds (in order from lowest pitch to highest in pitch) are:

- Stomping: Striking left, right, or both feet against the floor or other resonant surface.
- Patting: Patting either the left, right, or both thighs or cheeks with hands.
- Clapping hands together.
- Snapping fingers.



Once the users have practiced these sounds try mixing it up.



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Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD:

Arrange participants in a circle which provides the atmosphere.

Establish the group. Make a clear beginning to open the rhythm group. Perhaps with an introduction activity start with a simple rhythm activity.

For example: clapping hands



Once participants are active the demonstrator demonstrates simple movements and assist them when required.



- For example try –
1. Slap knees – slap knees – clap hands – slap knees...
 2. Clap hands – snap fingers – clap hands – snap fingers...
- Try adding a rhythm.



Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD:

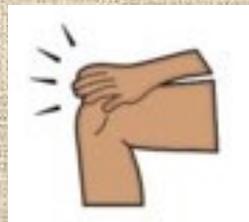
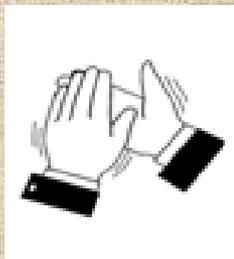
Arrange participants in a circle which provides the atmosphere.

Another activity to practice the rhythm is:

- Choose instrumental music (it is recommend to use unknown and instrumental music in order to help participants to focus on body percussion).

There are some websites where it is possible to listen to or download music without copyright such as: <https://mixkit.co/free-stock-music/>

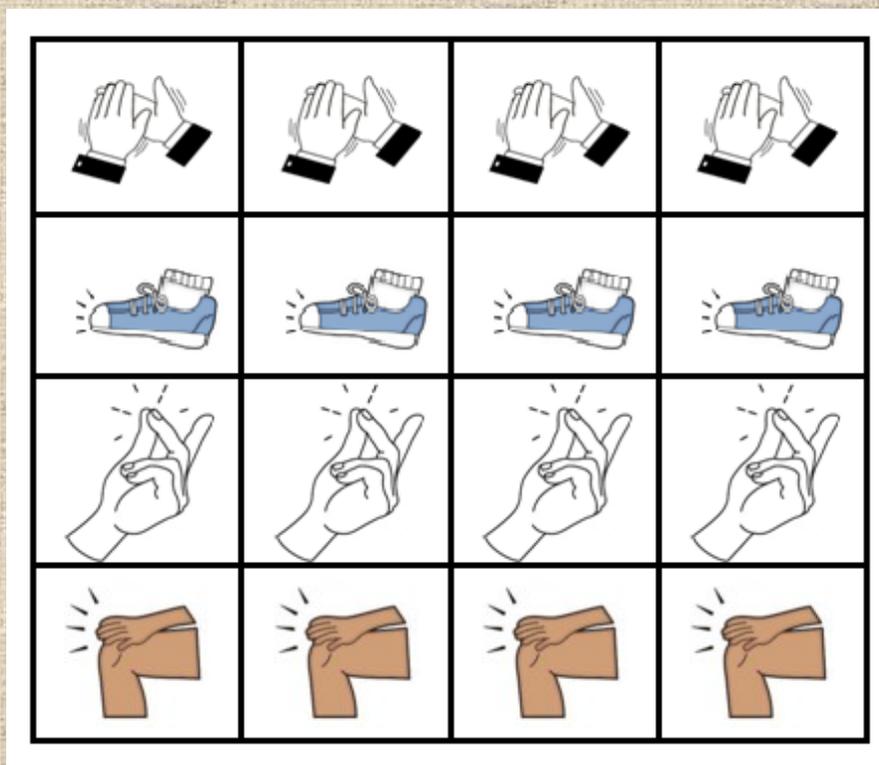
- Once the music is chosen, practice with these 4 types of body percussion.



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Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD:

- First repeat every picture several times such as the sample:



Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD:

- Secondly professional can mix body percussion sounds (the ones that could be more difficult for the participants can be deleted):



Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD:

Another example:



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Introduction of Musical Instruments (demonstration of their live sounds):



[youtube.com/watch?v=DDRiRzip9ks](https://www.youtube.com/watch?v=DDRiRzip9ks)

<https://www>



[de91GvEHV8](https://www.youtube.com/watch?v=de91GvEHV8)



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Guidelines to choose a musical instrument for rhythm:

There are lots of different instruments for rhythm:

Floor drums: Djembes. **Percussion Instruments:** Claves ,Cow Bells, Finger Cymbals, Guiros , Jingle bells, Maracas, Shakers, Tambourines, Woodblocks, Xylophone.

You can use anything if you don't have drums like a box, a table, a chair or a cushion.

Choosing a musical instrument professional should keep in mind:

The motor skills of the users.

The size

The weight

The sound (soft, loud,..)

The colors



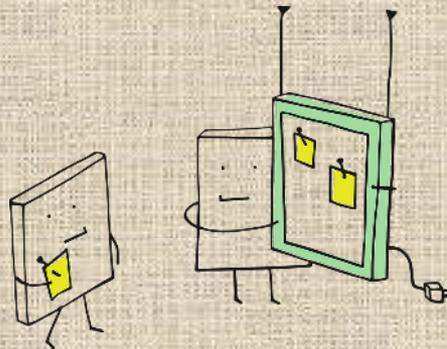
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Digital tools to enhance Music Therapy:

Digital tools allow PwD to participate actively in music therapy and to put in practice the musical expression.

Technology offers improved access for people with complex physical needs to engage in active methods of music therapy. There are different applications to interact with music:

- To listen and prepare playlists: Youtube, Spotify, Amazon Prime Music, Apple Music, Google Play Music, iHeartRadio where you can find a lot of different versions of the songs.
- You can find apps to use your a smartphone or a Tablet as a musical instrument and play a rhythm , a melody or both.



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Digital tools to enhance Music Therapy:

Playlist creations: Playlists can be played in a web browser, smartphone or tablet.



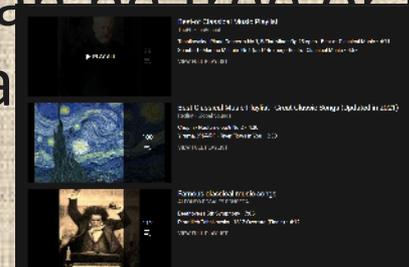
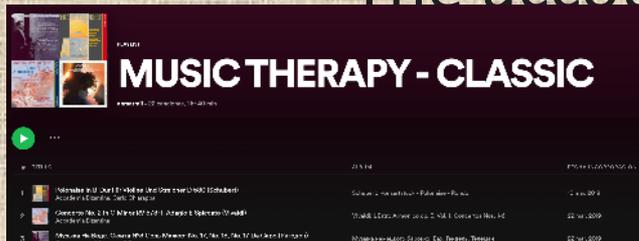
Create an account in [spotify.com](https://www.spotify.com)
The account can be free of charge
premium (requires a fee).



Premium membership
includes advertisements.

→ Using a gmail account you can create playlists.

The account can be free or premium
and a



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Digital tools to enhance Music Therapy:

Toc And Roll [link](#)

Device: iPad or iPhone

Cost: Price should be checked in the store



The app includes instruments such a piano, guitar, bass, drums, violin, trumpet, saxophone, xylophone and others

Allows to compose pieces based on these instruments

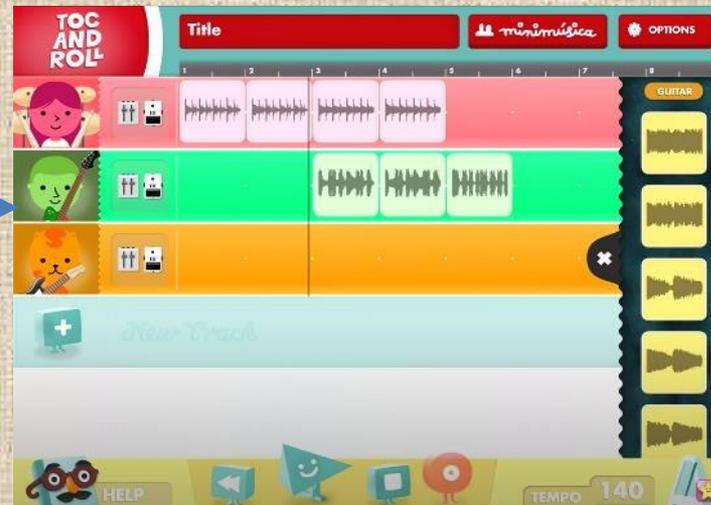
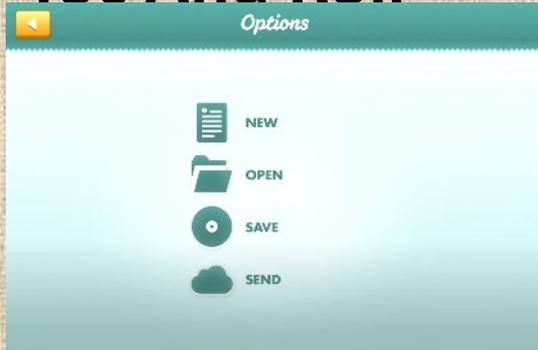
Check the video for a demonstration: [link](#)



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Digital tools to enhance Music Therapy:

Toc And Roll



Select instruments and add tracks by drag and drop

Every instrument has predefined tunes



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Digital tools to enhance Music Therapy:

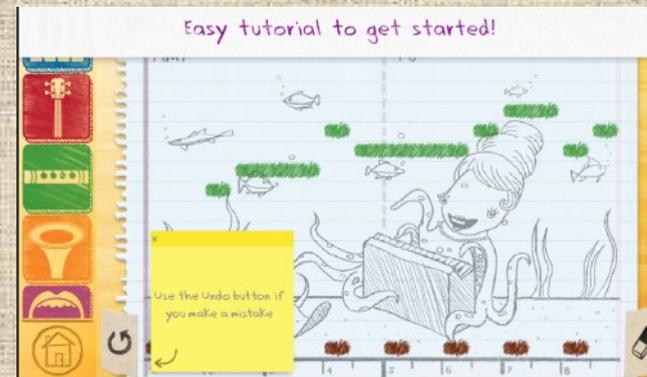
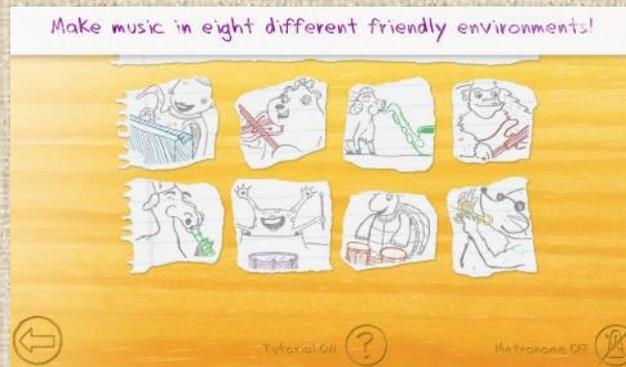
MusiQuest [link](#) [link](#)

Device: iOs and Android smartphones and tablets.

Cost: free.

The app allows to compose music pieces based on 40 musical instruments using pictures and colours.

Check the video for a demonstration: [link](#)



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Comments and questions



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