



TRAINING ACTIVITY 2

PLEASE DON'T STOP THE MUSIC. THE REHEARSALS 3



Description of the activity

Objectives:

- To improve the QoL of PwAD.
- To improve socialization of PwAD.
- Working the dimensions areas through music.
- Activating reminiscence of PwAD.
- Encouraging their personal autonomy.
- Improving interpersonal relationships and their connections.

Participants:

- People with Mild-Moderate Alzheimer
- Relatives
- Professionals.

Competences to be trained (relatives and professionals):

- Having an ability to communicate with PwAD.
- Working in a team.
- Ability to deal with difficult or embarrassing situations.
- Knowledge of ICT tools.
- Support by professionals from CATs.
- Knowledge of dementia.
- Maturity and respectful manner.
- Willingness to learn new things about music therapy.

Competences to be trained (People with Mild-Moderate Alzheimer):

- Motivation and enjoyment
- Expression of emotions

Training contents: Music Therapy for PwAD

- Impacts on cognitive, behavioral and emotional symptoms.
- Main methodologies and tools to use music as therapy for PwAD.
- Application in domiciliary environments.
- Digital tools to enhance music therapy.

Estimated duration:

- F2F: 15 hours.
- Online: 9 hours.

Implementation

ACTIONS F2F/ONLINE	EXPLANATION, TIMING AND RESOURCES NEEDED
<p>Opening</p>	<p>First of all professional/relative should read guidelines for trainers:</p> <ul style="list-style-type: none"> - How to make PWD cooperate in a Group Dynamic. - Some ideas on how to prepare the action(s). - How to communicate with PwD. <p>After that professional/relative starts the activity asking users what the title of the activity evokes or reminds them (a song, an advert, etc) or what they think the activity is about... after that carrying out an introduction explaining the activity.</p> <p>The activity consists in looking for music for a show.</p> <p><u>Timing:</u> 30 minutes (30 minutes to read the guidelines).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Guidelines for trainers: how to make PWD to cooperate in a Group Dynamic. ▪ Guidelines for trainers: Some ideas on how to prepare the action(s). ▪ Guidelines for trainers how to communicate with PwD. ▪ Laptop/computer.
<p>GD. Creation/Selection of the Show's music.</p>	<p><u>Explanation (what to do)</u></p>

	<ul style="list-style-type: none">❖ Depending on the impairment of the user the professional/relative could take part more or less in the activities.<ul style="list-style-type: none">- Sometimes users need support to make decisions or choose things.- Professional/relative can give them hints and tips to make them easier (see guidelines for trainers: “hints and tips”). <p>Timing: 15 minutes (15 minutes to read the guidelines).</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none">▪ Guidelines for trainers: “Hints and tips”.▪ Laptop/computer. <ul style="list-style-type: none">❖ <u>Tell users we could select or create music for a show.</u> <p>This task could carry out following the next steps:</p> <ul style="list-style-type: none">- Explain to users we are going to perform a show and we need music for it.- Explain to them we have 3 options: create it, select it or both. And we have to choose one of them.- Tell them what the options mean.- Select music: means that we should think about music like songs that we know, like or remind us of something special and they should be related to the performance.- Create music: means that we should invent melodies, rhythms or lyrics for a melody which has already been created.- Mix: means that we could use songs we know and create something new like a melody, rhythm or lyrics.
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	<p><u>Timing:</u> 30 minutes (15 minutes with users and 15 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ A presentation of the 3 options with examples (if applicable).▪ Laptop/computer. <p>❖ <u>Decide among everybody what we want: select or create or both (mix).</u></p> <p>The steps are:</p> <ul style="list-style-type: none">- Ask them their opinion about selecting, creating music or mixing them previously presented. The professional/relative can use the presentation of the 3 options with examples (again) if necessary.- Write the opinions on a board so they can see/read them.- After that they can vote and professionals can write them on the board.- Once they decide it the professional/relative tells them the results of the votes. <p><u>Timing:</u> 45 minutes (30 minutes with users and 15 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ A board to write what they think about every option or to write the ideas of the 3 options.▪ The presentation of the 3 options with examples above (if applicable).
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	<ul style="list-style-type: none">❖ Once it has been decided with the help of the professional or relative, we start. <p><u>If we decide to select music:</u></p> <ul style="list-style-type: none">❖ <u>Selecting music</u>: the professional/relative proposes several topics such as “seasons or flowers or a popular singer”. <p>The steps are:</p> <ul style="list-style-type: none">- Professional/relative tells them what the topics are (for example: seasons, flowers or a popular singer) (see example: images to show the different topics or related to the show)- After that he/she asks them what topic they would like to choose.- PwD should choose one of them.- PwD chooses for example “seasons”. <p><u>Timing:</u> 30minutes (20 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ Images to show the different topics or related to the show.▪ Laptop or computer. <ul style="list-style-type: none">❖ Before starting professionals and PwD talk about the topic chosen:<ul style="list-style-type: none">- To help PwD professional/relative could ask some questions about the topic they have chosen such as:
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	<ul style="list-style-type: none">- What are they,- What happens in every season,- What season is their favorite,- etc. <p><u>Timing:</u> 20 minutes (15 minutes with users and 5 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ A board to write some hints or tips to help them such as a drawing, letters, words, etc. <p>❖ They should think about songs with the 4 seasons or typical songs in each season.</p> <ul style="list-style-type: none">- Professional/relative helps PwD by telling them some words that appear in each season or asking them about a song, for example:<ul style="list-style-type: none">◇ For summer: any song where “beach, barbecue, or hot” appears.◇ For autumn: any song where “leaves or rain” appears.- Another way is asking them for typical songs: for example:<ul style="list-style-type: none">◇ For winter: any song that we use to sing during this season. Professionals/relatives could ask questions to help PwD. <p><u>Timing:</u> 35 minutes (30 minutes with users and 5 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p>
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	<ul style="list-style-type: none"> ▪ A board to write some hints or tips to help them such as words of a song that a professional knows that PwD remembers. <p><u>If we decide to create music:</u></p> <ul style="list-style-type: none"> ❖ <u>Create music:</u> the professional/relative proposes several topics such as “seasons or flowers or a popular singer”. <p>The steps are:</p> <ul style="list-style-type: none"> - Professional/relative tells them what the topics are (for example: seasons, flowers or a popular singer) (see example: images to show the different topics or related to the show) - After that He/she asks them what topic they would like to choose. - PwD should choose one of them. - PwD chooses for example “seasons”. <p><u>Timing:</u> 30minutes (20 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Images to show the different topics or related to the show. ▪ Laptop or computer. <ul style="list-style-type: none"> ❖ Before starting professionals and PwD talk about the topic chosen: <ul style="list-style-type: none"> - To help PwD professional/relative could ask some questions about the topic they have chosen such as: <ul style="list-style-type: none"> - What are they, - What happens in every season,
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	<ul style="list-style-type: none">- What season is their favorite,- etc. <p><u>Timing:</u> 20 minutes (15 minutes with users and 5 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ A board to write some hints or tips to help them such as a drawing, letters, words, etc. <p>❖ PwD creates music for each season. Professional/relative helps them to start with an example of a melody or a rhythm with a musical instrument or body percussion.</p> <p><u>If a melody is going to be created follow the next steps:</u></p> <ul style="list-style-type: none">- Professional/relative chooses a musical instrument (see the guidelines to choose one).- Then, she/he plays a simple and short melody and repeats it several times to memorize it (see the guidelines to create a melody).- PwD should repeat the melody singing with a word or a syllable that fits in, for example: “tarara” “la” or “na”.- Decide among all if the melody is good for the show, in which part it should be or if they could add another musical instrument. <p><u>Timing:</u> 90 minutes (40-45 minutes with users and 40 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ Guidelines to choose a musical instrument for a melody.▪ Guidelines for trainers: how to create a melody.
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	<ul style="list-style-type: none">▪ Laptop or computer.▪ Musical instruments.▪ Tutorial <p><u>If a melody is going to be created using ICTs follow the next steps:</u></p> <ul style="list-style-type: none">- Professional/relative chooses a musical instrument (see the guidelines to choose one).- Then, she/he plays a simple and short melody and repeats it several times to memorize it (see the guidelines to create a melody).- PwD should repeat the melody singing with a word or a syllable that fits in, for example: “tarara” “la” or “na”.- Decide among all if the melody is good for the show, in which part it should be or if they could add another musical instrument. <p><u>Timing:</u> 105 minutes (40-45 minutes with users and 60 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ Guidelines to choose a musical instrument for a melody.▪ Guidelines for trainers: how to create a melody.▪ Tablet, laptop or computer.▪ Guidelines for trainers: how to use <i>Toc&Roll</i> app to create the melody. <p><u>If a rhythm is going to be created with a musical instrument follow the next steps:</u></p> <ul style="list-style-type: none">- Professional/relative chooses a musical instrument (see the guidelines to choose one).
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	<ul style="list-style-type: none"> - Then, she/he plays an easy rhythm with the instrument and repeats it several times to memorize it (see the guidelines to create a rhythm). - PwD should repeat the rhythm with a musical instrument or by clapping hands (if there are not enough instruments). - Decide among all if the rhythm is good for the show, in which part it should be or if they could add another one. <p><u>Timing:</u> 90 minutes (40-45 minutes with users and 40 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Guidelines to choose a musical instrument for rhythm. ▪ Guidelines for trainers: how to create a rhythm. ▪ Musical instruments. ▪ Laptop or computer. <p><u>If a rhythm is going to be created using ICTs follow the next steps:</u></p> <ul style="list-style-type: none"> - Professional/relative chooses a musical instrument (see the guidelines to choose one). - Then, she/he plays an easy rhythm and repeats it several times to memorize it (see the guidelines to create a rhythm). - PwD should repeat the rhythm using the <i>electro drum pads 24</i> application or by clapping hands (if there are not enough devices).
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	<ul style="list-style-type: none">- Decide among all if the rhythm is good for the show, in which part it should be or if they could add another one. <p><u>Timing:</u> 105 minutes (40-45 minutes with users and 60 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none">▪ Guidelines to choose a musical instrument for rhythm.▪ Guidelines for trainers: how to create a rhythm.▪ Guidelines for trainers: how to use <i>Electro Drum Pads 24</i> app to create a rhythm.▪ Tablet, laptop or computer. <p><u>If a rhythm is going to be created with body percussion follow the next steps:</u></p> <ul style="list-style-type: none">- General information for trainers: What does body percussion mean?- Professional/relative thinks what parts of the body he/she wants to play/use (see the guidelines: how to create a rhythm with body percussion).- Then, she/he plays an easy rhythm and repeats it several times to memorize it (see the guidelines to create a rhythm).- PwD should repeat the rhythm after the professional does.- Decide among all if the rhythm is good for the show, in which part it should be or if they could add another one.
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	<p><u>Timing:</u> 90 minutes (40-45 minutes with users and 40 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Guidelines for trainers: how to create a rhythm. ▪ General information for trainers: What does body percussion mean? ▪ Guidelines to do body percussion. ▪ Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD. ▪ Laptop/computer. ▪ Tutorials. <p>❖ Another way to do it is changing the lyrics of a known song.</p> <p>The steps for this task are:</p> <ul style="list-style-type: none"> - Professionals/relatives could choose the song (see guidelines for trainers: how to change the lyrics of a known song). - Then, He/she explains to them that they are going to change the lyrics. - Everyone should think about what the topic of the song is. - It is recommended to start lyrics by the professional to help PwD. <p><u>Timing:</u> 90 minutes (40-45 minutes with users and 40 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Guidelines for trainers: how to change the lyrics of a known song. ▪ Tutorial <p>❖ Once the song is finished they can use the BandLab app to record the new song.</p>
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	<p><u>Timing:</u> 120 minutes/ 2 workshops (Each workshop: 45 minutes with users and 15 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Guidelines for trainers: how to use <i>BandLab</i> app. ▪ Tutorial <p>❖ Guidelines for using ICT with PwAD.</p>
<p>PA. Can we sing like a choir?</p>	<p><u>Explanation (what to do)</u></p> <p>❖ Showing different choirs (mix, school choir, local choir, gospel...) singing different kinds of songs.</p> <p>This task is important there could be people that have never seen a choir or maybe they only think of one kind of choir.</p> <p><u>Timing:</u> 60 minutes (30 minutes with users and 30 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop/computer/tablet, etc. <p>❖ Explaining what a choir is.</p> <p>See guidelines for trainers:</p> <ul style="list-style-type: none"> - What a choir is and see what a choir is addressed to PwD (this is general information for trainers). <p><u>Timing:</u> 30 minutes (15 minutes with users and 15 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop/computer/tablet, etc. ▪ Guidelines for trainers: what a choir is. ▪ Guidelines for trainers: explanation of what a choir is addressed to PwD.

	<ul style="list-style-type: none"> ❖ Choosing songs that they know. If the professional/relative knows that she/he can prepare the lyrics of different songs or PwD can choose them. <ul style="list-style-type: none"> - Prepare lyrics of different songs that PwD know in a song book (see guidelines for trainers: how to prepare the lyrics). - Share them with PwD. - Turn the CD player on or any device for listening to music before singing. - It is preferred to listen to the songs in the same order as the song book (see an example of a song book). <p>Timing: 120 minutes/ 2 workshops (Depending on the number of users the timing will last between 40 – 50 minutes and 10 minutes to prepare everything before and after the action finishes per workshop).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop/computer/tablet, etc. ▪ CD player/Mp4. ▪ Guidelines for trainers: how to prepare lyrics in a song book. ▪ Example of a song book. <ul style="list-style-type: none"> ❖ Trying to sing songs all together. <ul style="list-style-type: none"> - Turn the CD player on or any device for listening to music and start singing. - Encourage everyone to sing the songs. It is preferred to sing the songs in the same order as the song book (see Guidelines for trainers: how to engage PwD to sing as a choir). <p>Timing: 50 minutes per workshop (with users).</p> <p><u>Training Materials and resources:</u></p>
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	<ul style="list-style-type: none"> ▪ Laptop/computer/tablet, etc. ▪ CD player/Mp4. ▪ Example of a song book. ▪ Guidelines for trainers: how to engage PwD to sing as a choir. <p>❖ Choosing the song that the lyrics have been changed to the above action and singing it.</p> <ul style="list-style-type: none"> - Prepare the lyrics on a sheet of paper. It is important to write them in capital letters or big enough so they can read them without any problem. - Tell PwD that everyone is going to sing the song that they have created. - Encourage them to sing. - It could be good if a professional/relative sings it first so PwD can listen to it and they can start little by little. <p>Timing: 60 minutes (50 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p> <p>Training Materials and resources:</p> <ul style="list-style-type: none"> ▪ Laptop/computer/tablet, etc. ▪ Guidelines for trainers: how to prepare lyrics. ▪ Guidelines for trainers: how to engage PwD to sing.
<p>EA. Ok, let's play and sing.</p>	<p>Explanation (what to do)</p> <p>❖ Performance the activity: showing the materials and singing or playing the songs they have chosen.</p> <ul style="list-style-type: none"> - Prepare the environment (see how to prepare the environment). - Explain to PwD that they are going to perform the songs for the rest of the users.

	<ul style="list-style-type: none"> - Before starting professional should activate PwD following the next steps: <ul style="list-style-type: none"> ◇ Firstly, professionals/relatives remind them what they are going to perform. ◇ Then, practice the lyrics. ◇ Finally, sing the song several times. - Once we are ready: Let's perform! <p><u>Timing:</u> 1 hour.</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop/computer/tablet, etc. ▪ Guidelines for trainers: how to prepare the environment. <p><u>Training Materials and Resources</u></p> <ul style="list-style-type: none"> ❖ Guidelines for trainers: explanation on how they can perform the activity (the example: The seasons). ❖ Guidelines for trainers: how to engage PwD to carry on the activity ❖ Lyrics of the songs.
<p>EA. ICTs or Apps that can help to develop the Music</p>	<p><u>Toc&Roll</u></p> <p>Toc & Roll is a music composition app for kids. With this tool we are able to compose songs with great ease thanks to its simple and intuitive graphic interface. In Toc & Roll we will only find 9 different instruments that reproduce their own characteristic melody, which we can include in a timeline to create our own songs from these simple melodies.</p> <p>Toc & Roll stands out for its simplicity, which is why the sounds coming from the instruments are authentic sounds from those instruments and not from synthesizers. As we have mentioned before, there are 9 different instruments to choose from: piano, xylophone, guitar, violin, drums, saxophone, trumpet, bass and maracas. We also have the</p>

possibility of adding our own voice to join it together to our melody.

MusiQuest

MusiQuest is defined as a creative way to learn music. It is an inventive experience intended to make the use of this application into a musical adventure for both children and adults.

With MusiQuest we will be able to compose songs with more than 75 real instruments by means of blocks; we will have access to guided lessons on the use of the application and musical composition, availability of more than five hundred rhythms, etc.

LOOPMAIL

LOOPMAIL is a handcrafted animation and sound construction kit. This application is a great application to make the little ones and older learn to create music.

The possibilities for creation are endless. With its simple interface and friendly composition structure, creating musical sequences is very easy. To create songs, we will only have to drag pre-built melodic, rhythmic or movement bases to a very simple timeline. We can add up to four different melodies for, represented by animals, to have more combination possibilities. The app is 4.49USD

Electro Drum Pads 24

Electro Drum Pads 24 - Music & Beat Maker is a common type of application available from both Apple and Google stores. The choice of this application over others is due to its graphic simplicity and its ease of learning how to start composing rhythms and melodies.

This application is a very easy to use rhythm creator, totally focused on electronic music. It allows adding pre-created bases to modify them in real time according to our

	<p>preferences thanks to its PAD, which includes sounds such as: base lines, drums, synthesizer chords, kinks, etc. We can record our songs and share them with the rest.</p> <p><u>BandLab</u></p> <p>BandLab is a free application that we can find in Google play for our Android devices. This application allows us to generate sounds of different musical instruments in a very easy and intuitive way thanks to its graphical interface, among other things.</p> <p>BandLab is able to record, edit and mix all our melodies in its multitrack editor that allows adding sounds from up to twelve instruments simultaneously. Highlight that Bandlan allows adding hundreds of effects, rhythms, loops and different types of voices through its multiple packages, which can be downloaded for free from the application itself.</p>
<p>Closure</p>	<p>Listen to the songs and talk about them</p> <p><u>Timing:</u> 60 minutes (50 minutes with users and 10 minutes to prepare everything before and after the action finishes).</p> <p><u>Training Materials and resources:</u></p> <ul style="list-style-type: none"> ▪ Laptop/computer/tablet, etc. ▪ CD player/Mp4. ▪ The song book.