WHY FOCUS ON THE USE OF SONG AND MUSIC AS A COMMUNICATIVE INTERVENTION FORM IN DEMENTIA REHABILITATION?
Introduction

The presentation is based on:

The Action Research Project: Song and Music as communicative Intervention in Rehabilitation of Persons with Dementia
Presenter

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Background

Case:

"Vita is angry and resists all types of interaction. When the caregiver wants to help her to the toilet, she spits, scratches and hits. Vita has a dementia disease and lives in a nursing home”.

The research focuses on a rehabilitation strategy where song and music is practiced and applied as a communicative intervention, based on the belief that this can help make it possible to facilitate the interaction with persons like Vita with dignity and respect.
Background

Research shows that music can contribute to improved quality of life and better social skills, as well as reducing agitated behavior, anxiety and depression for persons with dementia, when used in different types of musical activities, as music therapy or during care situations (Ridder 2012).
The Action Research Project

• The VELUX FOUNDATION funds the research

• Focus on singing and music, when used in practice in relation to persons with dementia in nursing homes

• As a result of the research: Developing a realistic and user-friendly manual for institutions and interdisciplinary staff on how to implement and embed song and music as a communicative intervention in rehabilitation of persons with dementia

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The Action Research Project

Collaboration with four Dementia Centers in Denmark:
• Dementia Center Skovgården, Mariagerfjord Municipality
• Sølund Nursing Home, Municipality of Copenhagen
• Dementia Unit, Lindegården, Vejle Municipality
• Nursing Home Strandgården, Frederikshavn Municipality

Dementia Center Skovgården
Sølund Nursing Home
Dementia Unit, Lindegården
Nursing Home Strandgården

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The four Dementia Centers was co-researchers in the research process

• Professionals such as social and health care workers- and assistants, music therapists, nurses, occupational therapists, physiotherapists and pedagogues
• Managers
• Persons with dementia and their relatives

Homepage: www.musictherapy.aau.dk/musicanddementiarehab
What experiences does persons with dementia and their relatives have when singing and music are used as a communicative form of intervention in everyday life and in their interaction and relationship with caregivers and what impact does it have on their quality of life and well-being?

What impact does it have, from a professional and an interdisciplinary perspective that song and music are used as a communicative form of intervention in rehabilitation and in everyday life for a person with dementia and how does it affects the quality of the intervention?

Which ideas and suggestions does persons with dementia, relatives and professional have for improvement and to the implementation and anchoring-process when singing and music are used as a communicative form of intervention?

How can we develop a manual that makes it possible to implement and anchor song and music as communicative form of intervention in rehabilitation for persons with dementia?
## The Action Research Project Plan

### Part 1: 01.08.16 until 31.12.17 (Research question a. og c.)
Persons with dementia and their relatives “are given a voice” and are involved in the research-process.

<table>
<thead>
<tr>
<th>Field Studies</th>
<th>Interviews</th>
<th>Dementia Care Mapping</th>
<th>Narrative methods</th>
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</table>

### Part 2: 01.01.18 until 30.09.18 (Research question b. og c.)
Professionals and managers from 4 institutions and collaborators from the secondary sector is included in the research process.

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<tr>
<th>Focus group interviews</th>
<th>Interview of key personnel</th>
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### Part 3: 01.10.18 until 30.11.19 (Research question d.)
Reference group with representatives from research communities and professionals from Part 2.

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<tr>
<th>Workshop-based process with the aim to develop a research-based, realistic and user friendly manual</th>
<th>Manual are published</th>
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THE INTERNET-BASED MANUAL

Home page: www.dermus.aau.dk
Target Group of the Internet-Based Manual

Institutions and nursing homes, who want to implement targeted use of song and music in relation to persons with dementia

Professionals who need to learn how song and music can be used purposefully to achieve a positive relationship with persons with dementia as well as to prevent or minimize aggressive and inappropriate behavior

Dementia teachers and professional consultants; for example dementia coordinators and music therapists

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Management Perspectives

- Song and music as an integral part of culture
- Introduction and ongoing competence development of new employees, recruitment and employment
- Working purposefully with the use of song and music as well as documentation
- Using the PDSA circle

Music and the brain
- Musical life story
- Idea catalog for using songs
- More knowledge about research and evidence

Get started
- Overall managerial and organizational competence development with learning in practice and key personnel as change agents
- Attention points and good advice on what it requires from staff and leaders

Implementation and anchoring
- Management Perspectives
- Song and music as an integral part of culture
- Introduction and ongoing competence development of new employees, recruitment and employment
- Working purposefully with the use of song and music as well as documentation
- Using the PDSA circle

16 themes with authentic videos
- Arousal regulation
- To create a good relationship
- Preventing escalation in affect level
- Initial contact
- Singing in another language
- Care songs
- Dance
- The end of life
- Leading a person from one place to another
- Humming
- Giving medicine
- Training/work out
- Music & activity
- Music & emotions
- Sound environment
- Relatives

Internet-based manual

Internet-based manual

Internet-based manual

Internet-based manual
Main messages and points of attention

Contents

- The importance of a positive contact before "all practical tasks" in relation to the resident
- The 3 R’s: In English: frame, regulation and relation

Implementation

- The manager’s special position and responsibility
- The manager as a role model and a directory
- The influence of culture
- To become an integral part of everyday life it is necessary that singing and music are included in the daily planning - like a bath and cleaning,
- Knowledge sharing about the use of song and music

Learning and competence development

- Using video so caregivers acquire new knowledge and get new perspectives on working purposefully using song and music
- Prioritize creation of space and time for knowledge and experience exchanges between caregivers

Organization

- Documentation of the use of song and music in relation to each resident
- Meetings where singing and music are in focus in relation to the individual resident
- The role of the music therapist, tasks and function
- Ambassadors who ensure focus on the use of song and music
The action research has led to launch of two new projects

**Project: Testing the Internet-based manual focusing on prevention and reduction of citizens aggressive and inappropriate behavior in a nursing home in the municipality of Aarhus**

- **Purpose:**
  - To investigate how changes in the sound environment and conscious use of music and song, can prevent and reduce citizens aggressive and inappropriate behavior
  - Developing competence for the staff in the nursing home

  **Funded by The Danish Health Authority**

  **Will be implemented from February 2020 to January 2022**

**Project: Song and Music in Mariagerfjord Municipality**

- **Funded by The Danish Health Authority**

- **Purpose:**
  - Developing competence for 235 front staff in home care and in the nursing homes, so they are able to use song and music in their relationship with persons with dementia

  **Conducted from October 2018 to November 2019**
Perspectives

The expectation is that the manual can contribute to knowledge building and knowledge creation regarding the use of psychosocial methods in rehabilitation of persons with dementia, as well as contributing to the development of methods and to revealing the organizational basis for implementing methods.
References


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Thank you for your attention