



## USEFUL WEBSITES

### Music and Memory

<https://musicandmemory.org/>

### Guidelines for creating a personalised playlist

<https://musicfordementia.github.io/>

### Music for Dementia Radio

<http://m4dradio.com/>

Disclaimer: This information is a guide only.

Alzheimer's WA Ltd does not endorse any of the manufacturers, suppliers or the use of any of the products featured. It is recommended that an assessment be sought from the Independent Living Centre or an Aged Care Assessment Team prior to purchasing Assistive Technology.

Revised 23/09/2020

## MUSIC & DEMENTIA CARE

Favorite music or songs associated with important personal events can trigger memory of lyrics and the experience connected to the music. Beloved music often calms chaotic brain activity and enables the listener to focus on the present moment and regain a connection to others.

A person living with dementia can reconnect to the world and gain improved quality of life from listening to personal music favorites.

“The music works with dementia because the emotional system is still very much intact”.

“Your feelings are still there and your connection to the music. Also, in the brain, your autobiographical memories are closely tied with music from your youth, your first kiss, hanging out with friends. That all stays with us”. (Dan Cohen)

### ALZHEIMER'S WA CHOIR

“*Friends in Harmony*” Choir for people with dementia and support person.

For further information contact our Education Team on 9388-2800 or email

[education@alzheimerswa.org.au](mailto:education@alzheimerswa.org.au)