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 care person.

For further information contact
Dorothy Ebel (Tuesdays / Friday)
Tel: (08) 9388 2800
Dorothy.Ebel@Alzheimers.org.au

USEFUL WEBSITES

Music and Memory
musicandmemory.org

Playlist FOR Life
playlistforlife.org.uk

DVD: Alive Inside: The story of music and memory (Rossato-Bennett, Michael).

U-tube Video:
The Power of Music - Henry Wakes Up!

Articles on music and memory:
articles.mercola.com/sites/articles/archive/2014/07/10/alzheimers-disease-music-memory.aspx

Music Apps:
I-Pad (app store): I-tunes, garage band, cause and effect, raindrops, sensory drumkit, sound drop, musicobaby, bloom, YouTube

Android (play store): Etherophone, old time radio player, piano medley, raindrops, perfect piano, YouTube