Introduction

- President of Quaver’s Marvelous World of Music
- Markets General Music Education Programs for Elementary Schools
- Programs are in Over 1,500 Schools and 16 Countries – Teachers and Kids Love It
- Believe Elements of the Program Can Also Be Educational and Fun for Elderly
Outline of Presentation

• Review Activities For The Elderly
• Explain Importance of Music to Humans
• Describe Analytical Framework
  – Levels of Musical Experience
  – Levels of Physical and Cognitive Impairment
  – Levels of Care Provided
• Overlay Levels of Musical Experience, Physical and Cognitive Impairment, and Care
• Conclude on Music in Assisted Living Settings
Activities for Elderly in Assisted Living

• Watching TV/Movies
• Playing Games – Bingo/Bridge/Board Games
• Exercise Classes – Yoga/Pilates/Walking Trips
• Field Trips – Local Museums/Historic or Cultural Sites
• Discussion Groups – Book Clubs/Bible Study
• Arts and Crafts – Pottery/Painting/Sculpture
• Therapy Pets
• Children’s Visits
• Music Programs
Importance of Music to Humans

• No Music In Nature – Created By Humans
• Originated in Mother/Child Relationship
• Music Is Right Brain (*More Emotional*) – Thinking Is Left Brain
• No Human Culture Has Been Discovered Without Music
Importance of Music (Cont.)

• Humans Rely Less On Instinct and More on Reasoning
• Cognitive Function is To Create Order From Chaos – Experience Pleasure
• Listening To Music Is a Process of Establishing Order Out of Chaos
• Music Orders Time – Visual Arts Order Space
Universal Presence of Music

- Holidays – *Auld Lang Syne/Jingle Bells*
- Sports Events – *Star Spangled Banner*
- Religious Ceremonies – *The Old Rugged Cross*
- Calls To Battle – Trumpets/Conch Shells/Drums
- Patriotic Events – *Hail To the Chief*
- Entertainment - Movies/Plays/TV
- Places of Business – Muzak®/Radio Stations
- On Hold
Quotes from Famous People

“Music produces a kind of pleasure that human kind cannot do without.” Confucius

“Music is the mediator between the spiritual and the sensual life.” Ludwig van Beethoven

“Without music, life would be a mistake.” Friedrich Neitzsche

“I live my daydreams in music. I see my life in music.” Albert Einstein

“Music is the universal language of mankind.” Henry Wadsworth Longfellow
Benefits of Music in Assisted Living Settings

1. Clinical Benefits – Depends on Past Associations/Knowledge of Music
   • Significant Literature on Beneficial Impacts – Music Therapy/PhD
   • Anxiety/Stress Reduction
     - Blood Pressure/Heart Rate/Breathing Rate
     - Avoidance of Medication Side Effects
   • Coping With Pain
Benefits of Music in Assisted Living Settings

2. Quality of Life Improvement
   - *Relaxation* – background music
   - *Enjoyment* – entertained/reminded of happy times
   - *Social Inclusion* – participate with others in music
   - *Self Esteem* – ability to make music
Benefits of Music in Assisted Living Settings

3. Mental and Physical Stimulation
   • Music Arouses Emotions
   • Often Facilitates Physical Activity/Exercise

4. Music Programs Are Low Cost
   • Low Cost Way to Reduce Stress - Pet Therapy
   • Reduces Behavioral Problems
Five Levels of Musical Experience

I. Listening/Watching
   • Listening To Golden Oldies
   • Dancing With The Stars
   • Attending Local Performances
   • Having Performers Come In

II. Moving
   • Swaying /Clapping With Songs
   • Light Dancing

III. Singing
   • Singing Simple Melody Lines
   • Learning Harmony
   • Performing Together
Five Levels of Musical Experience

IV. Playing/Performing
• Playing Simple Percussion Instruments
• Playing Simple Tonal Instruments - Keyboard/Recorder
• Learning To Read Music

V. Composing/Arranging
• Learning Music Theory
• Composing Music Melodies
• Arranging Music
Levels of Impairment for Elderly

• Physical Impairment
  • Senses – Hearing/ Sight
  • Mobility – Parkinson’s Disease/MS/Amputation

• Mental or Cognitive Impairment
  • Neuro-Cognitive Disorders – Alzheimer’s/Dementia
  • Other DSM-5 Disorders – Multiple Symptoms

• Impairment Levels
  • None/Mild/Moderate/Severe

_Hypothesis: Music Beneficial To All Impairment Levels_
Levels of Mental and Physical Impairment vs. Levels of Care

- Alzheimer’s/Memory Care
- Assisted Living
- Skilled Nursing Care
- Independent Living

Mental Impairment:
- None
- Mild
- Moderate
- Severe

Physical Impairment:
- None
- Mild
- Moderate
- Severe
Listening To Music/Watching Musicals – *Mental Activity*

Listening To Golden Oldies • Dancing With The Stars • Attending Local Performances

**Mental Impairment**

- **NONE**
  - Independent Living
- **MILD**
  - Assisted Living
- **MODERATE**
  - Alzheimer’s/Memory Care
- **SEVERE**
  - Skilled Nursing Care

**Physical Impairment**

- **NONE**
- **MILD**
- **MODERATE**
- **SEVERE**

*Hashed area means doubtful this activity is applicable.*
Moving With The Music – Physical Activity
Swaying/Clapping With Songs • Light Dancing

Mental Impairment

SEVERE

Alzheimer’s/Memory Care

MILD

Assisted Living

INDEPENDENT LIVING

NONE

Independent Living

NONE

MILD

MODERATE

SEVERE

Skilled Nursing Care

Physical Impairment
Singing/Learning Music - *Physical and Mental Activity*

Singing simple melody lines • Learning harmony • Performing together

- Alzheimer’s/Memory Care
- Assisted Living
- Skilled Nursing Care
- Independent Living

**Mental Impairment**

- SEVERE
- MODERATE
- MILD
- NONE

**Physical Impairment**

- NONE
- MILD
- MODERATE
- SEVERE
Playing and Instrument/Learning – Physical and Mental Activity

Learning simple percussion instruments • Simple tonal instrument (keyboard/recorder) • Learning to read music

Mental Impairment

SEVERE

Alzheimer’s/Memory Care

MODERATE

Assisted Living

MILD

Independent Living

NONE

Skilled Nursing Care

NONE MILD MODERATE SEVERE

Physical Impairment
Composing/Thinking - *Mental and Physical Activity*

Learning music theory • Composing melodies • Arranging music

- Alzheimer’s/Memory Care
- Assisted Living
- Skilled Nursing Care
- Independent Living

*Cross-hatched area means doubtful this activity is applicable.*
Conclusions

- Music is a basic human need
- Music should be incorporated into all assisted living programs
- Applicable to all levels of impairment
- Relatively inexpensive to implement
- Very little expertise required
- Many dimensions for enjoyment