Music Therapy:
Increasing contentment and wellbeing for persons with dementia.

Peter Bewert
Executive Manager Care Services
Overview

- Who is The Salvation Army Aged Care Plus?
- The Australian story in aged care
- Exploration of three key areas:
  1. Creative music therapy
  2. Measurement of engagement
  3. Outcomes
Our purpose

**Inspired by the message of Christ**, our mission is to serve all Australians in practical and tangible ways. Each of us has a heart for people - a deep and powerful need to care for others. We understand accepting care is an emotional and challenging time. We welcome, support and guide all people and their families - to become part of our family - where they have freedom and can be themselves.

The care we provide goes beyond the physical to ensure our residents and clients are healthy, comfortable and above all, loved. We respect each individual and the rich lives that they have led, so our care is centred around their needs and preferences, not ours.
Creative music therapy

“Music expresses that which cannot be put into words and that which cannot remain silent”

(Victor Hugo)
Three month trial: Woodport Aged Care Plus Centre

Objectives

1. Increased socialisation
2. Fostering creativity to enhance responsiveness
3. Instilling a sense of achievement and purpose in an activity

Target group

Secure Dementia unit (16 beds)
Palliative care unit (10 beds)

Trial Period

12 sessions (held weekly)
Measurement: *The Scale of Musical Engagement in Dementia* (Howett and Lem)

- A validated assessment tool to gauge an individual's engagement throughout the session.

- Four domains
  1. Creativity
  2. Duration
  3. Energy
  4. Personal assertiveness
## Outcomes

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<tr>
<th>Objective</th>
<th>Outcome</th>
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<td>Socialisation</td>
<td>• Increased awareness of others within the group sessions&lt;br&gt;• Increased discussions, ideas and thoughts freely shared by participants&lt;br&gt;• Reminiscence&lt;br&gt;• Increased willingness to participate and actively engage with others</td>
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<td>Creativity and responsiveness</td>
<td>• Increased range of movement through musical engagement&lt;br&gt;• Increased focus and attention during activity periods&lt;br&gt;• Positive influences on affect (facial expression, communicative ability and contentment)</td>
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<td>Achievement and purpose</td>
<td>• Increased individual expression and communication with others&lt;br&gt;• Reduction in prompting for generalised activities of daily living&lt;br&gt;• Increased engagement verbally and non-verbally with other residents and visitors</td>
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Case study

**Resident A**
Diagnosis: Frontal Lobe Dementia and Depression
Clinical Background: Comprehension difficulties, word processing difficulties, difficulty initiating tasks associated with activities of daily living, confusion, disorientation, disinhibited behaviours, repetition

**Resident B**
Diagnosis: Frontal Lobe Dementia
Clinical Background: Comprehension difficulties, word processing difficulties, expressive dysphasia, impaired gait and balance, difficulty associating with others, verbal / physical aggression confusion, disorientation, repetition
Analysis of engagement within three month period

![Graph showing engagement levels for Resident A and Resident B over three sessions.](image-url)
Outcomes (Case Study)

- Improved communication as a result of conversational phrases being learnt through music
- Improved quality of verbal communication skills
- Increased neuromuscular control and coordination
- Improved cognitive perceptual skills
- Rehabilitation of morale and motivation
- Reduction of anxiety and agitation
The Next Steps

• Currently looking at viability of program into the future
  – Trial period extended to June 2014
  – Implemented at two Centres

• Costs

• Incorporating into Person Centred Care Approach – Everyday Activity
Thank you

Any questions?