Memories to Music (MtM)
Participatory group method for people with dementia

Maaret Meriläinen & Minna Kangas
Memory Association of Oulu Region
Finland
Introduction of MtM


- Members of music group had a lot of musical skills. We wanted to give them an opportunity to use those skills.

- Producing culture/music together with people with dementia, not for them.
Aims of MtM

• Improving the group cohesion
• Positive effects of reminiscence and music
• Improving the participants’ psychosocial well-being
• Altering the environmental attitudes
Process

• Choosing a subject
• Reminiscing
• Making the song
• Approving the song
• Practicing
• Making the music video
• Releasing the music video on social media
• Performing if possible
Feedback

• Group members:
  • “Using this method requires courage and open-mind not just from the participants but the leader too.”
  • “Making the song together is amazing! We didn’t even realize that we still have these skills or possibility to do these things.”
  • “I have never done anything like that before. I’m happy!”

• Family members:
  • “I am positively surprised!”
  • “I will definitely show this video to our relatives.”
  • “I’m touched.”
• Memories to Music method won the Finnish national Health and Social Award in 2015.

• www.youtube.com ➔ OsmyTV (videomaterials also in English)

• www.osmy.fi/vielavirtaa ➔ MtM manual in English

• Do you remember? https://www.youtube.com/watch?v=n8y2gKBbv6w
More information about MtM: maaret.merilainen@osmy.fi

Thank You!