

Memories to Music (MtM)

Participatory group method for people with dementia

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Introduction of MtM

- Project "Vielä Virtaa" 2012-2015. Resource -and strength-based groups for people with dementia.
- 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

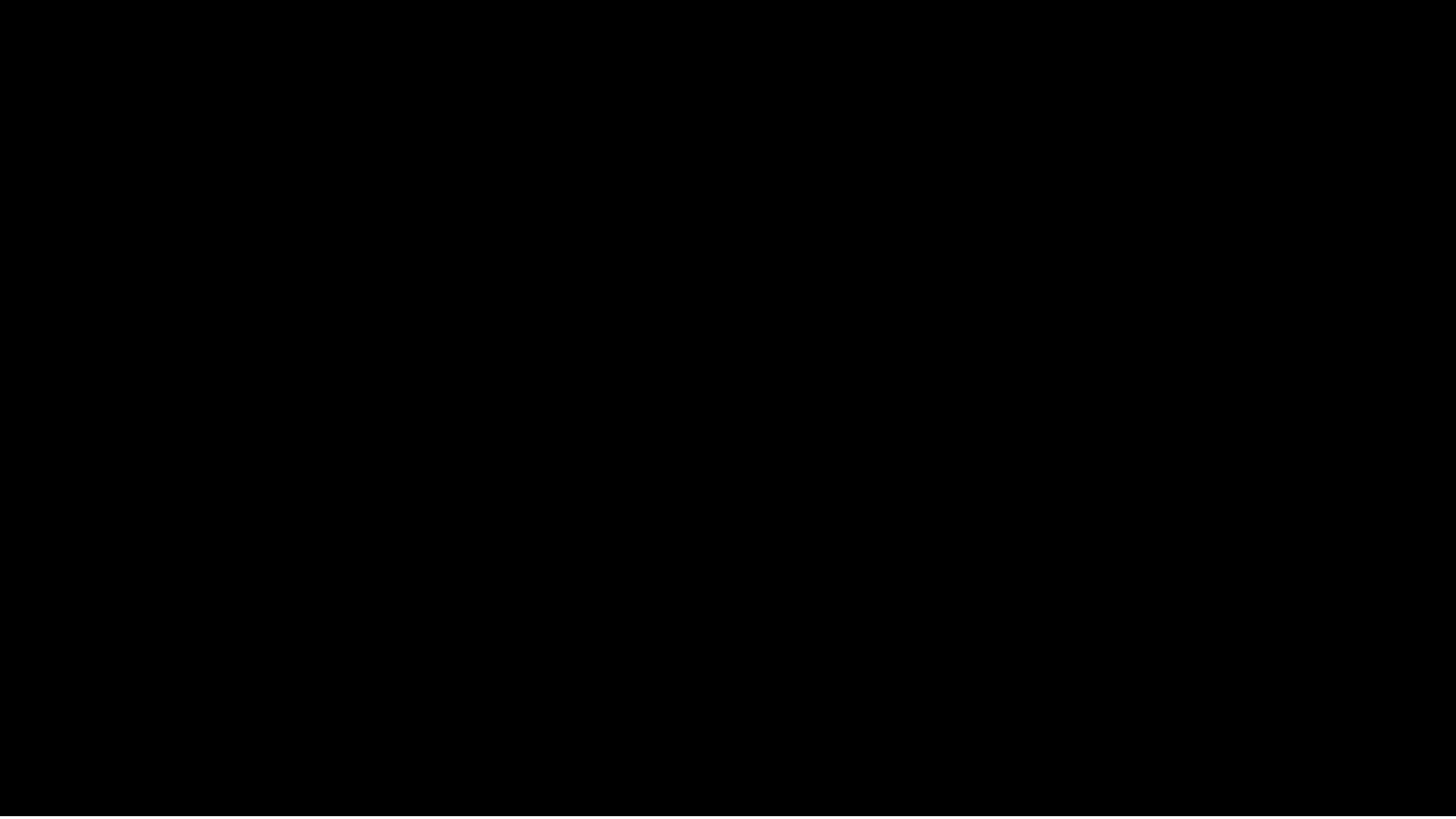


Feedback

- 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 → OsmTV
(videomaterials also in English)
- www.osmy.fi/vielavirtaa → M+M
manual in English
- Do you remember?
<https://www.youtube.com/watch?v=n8y2gKBbv6w>





More information about MtM:
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Thank You!

