

Music

Benefits of Music



Music can help LTC residents feel more comfortable and support their health and well-being, especially during challenging times of COVID-19 room restrictions and physical distancing. Music helps decrease loneliness, boredom and isolation, and is accessible to residents living with dementia and sensory issues.

Supporting Music Engagement



Residents can enjoy music actively (creating/making—e.g. singing along, playing an instrument) and receptively (listening), on their own, in physically distanced small groups, and as part of hallway programming during periods of outbreak.

- Understand the resident's preferences (e.g. favourite music genre, song, artist/band) and incorporate them into conversation and activities.
- Identify the appropriate volume for the resident according to their needs and preference—consider using headphones in shared spaces.

Creative Music Programs



- **Chrome Music Lab:** <https://musiclab.chromeexperiments.com/>
Experiment and create your own music with great visual stimulation.
- **Name That Tune:** Play a short clip of a song that is familiar to the resident and see if they can finish the verse (offer hints as needed). Song clips can be accessed from YouTube:
 - Sing-a-long with Susie Q offers sing-a-long with lower keys and easy to follow captions
 - Nature Relaxation Channels offer music with beautiful scenery
- **BBC Music Memories:** <https://musicmemories.bbcrewind.co.uk/>
Music organized by genre and artist for developing individualized playlists.
- **Alzheimer Society Toronto Music Project:** <https://musicproject.ca/>
Free personalized music devices for people living with dementia.
- **Java Music Club Program:** <http://javagp.com/>
Mutual support group activity program.
- **Tapestry Box Opera:** <https://tapestryopera.com/performances/box-concerts/>
Opera singer moves throughout the LTC home while residents listen to music from the comfort of their room or accessible open spaces.

