



The Role of Music and Other Activities in Dementia

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One of the main goals in caring for those living with dementia is to reduce their levels of anxiety and help them to feel safe and secure. Listening to music that is calming or meaningful can decrease anxiety and promote sleep because it boosts brain chemistry in positive ways. Also, music is a beautiful way to spend time together as "... music reaches deep into the heart and may elicit feeling of which we are otherwise unaware." Listening to music is a simple way to value someone, by honouring the qualities and life stories that make them who they are. Music links people with specific moments in time, allowing them to re-visit meaningful emotions and memories. Music is a powerful force in connecting people with something or someone they love.

Other activities to relieve agitation

- Gentle hand and or shoulder massages. Support them in giving you a hand or shoulder massage. This allows them to do something for YOU.

- Look at photo albums and share old memories. Hearing a familiar voice is soothing.
- Low stimulus activity such as folding laundry, petting an animal, simple flower arranging
- Engage Simple wood working projects – such as sanding
- Clean silver. Toothpaste is a safe cleaner.
- Listen to some favourite music. Try dancing!
- Remember that it's a process of discovering which approaches work for you!