

Music & Memory 

**MAINE PARTNERSHIP  
TO IMPROVE  
DEMENTIA CARE**



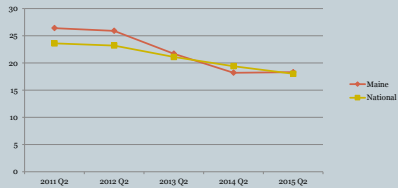



Music & Memory

- Partnership accomplishments:
  - Provider Surveys – Dementia Care and AP use
  - Partnership kickoff event – Dr. Wehry - Dementia Training
  - Regional Direct Care Staff trainings in 8 locations
    - Behavior is communication
  - Regional Direct Care Staff trainings in 8 locations
  - Volunteer Ombudsmen training to support facilities
  - Development of a consumer and physician fact sheets
  - Physician webinar
  - Presentations to the Health & Human Services Committee at the Legislature
  - Music and Memory

Music & Memory<sup>SM</sup> Program Launch

- When the CMS initiative began, Maine's utilization was 26.7%. As of the 4<sup>th</sup> quarter of 2016, we are at 17.34%.



Quarter	Maine (%)	National (%)
2011 Q2	26.7	24.0
2012 Q2	25.0	23.0
2013 Q2	22.0	21.0
2014 Q2	19.0	19.0
2015 Q2	17.34	18.0

- Maine's reduction in the use of antipsychotic medications, exceeding the CMS expectation of a 30% reduction by end of 2016.

Music & Memory<sup>SM</sup> Program Launch

- Maine Partnership to Improve Dementia Care developed a framework for Maine's Music and Memory Initiative
- MHCA and MLTCOP drafted proposal for CMP funds for the program
- Approved by Maine's DHHS, Division of Licensing and Regulatory Services and CMS
- 12 month project extends through 2016 and into 2017 in up to 50 nursing homes
- 10 residents with dementia selected in each home
- CMP funds to pay for cost of Music and Memory Certification – discounted rate and provided laptops
- Phase 2 of the CMP project will add an additional 20 nursing homes

### Music & Memory <sup>SM</sup> Program Launch

- Using the MDS 3.0 select 10 residents with:
- Alzheimer's or non-Alzheimer's Dementia (Section 1)
- Resident may also have: Anxiety disorder, Depression, Psychotic Disorder, Mood Disorder (Section 1)
- Music important to resident (section F)
- Medication use: Antipsychotic, Anti-anxiety, Antidepressant, Hypnotic (section N)
- Exhibit mood and Behavior symptoms (section D and E)

### Music & Memory <sup>SM</sup> Program Launch

- **ADDITIONAL STEPS:**
- Incorporate Music and Memory into Care Plans
- Participate in monthly calls organized by MHCA/MLTCOP
- Share Success/challenges/ask questions/request assistance as needed
- Participate in Music and Memory support calls and webinars
- Host a family meeting to share information about the project
- Provide equipment and create personalized playlists

### Music & Memory <sup>SM</sup> Program Launch

- **SUPPORT FOR MEDICAL DIRECTORS:**
- Dr. Jabbar Fazeli, serves as a co-chair of the Dementia Partnership
- Active in AMDA/MMDA
- Provide telephone consultation to physicians as requested
- Provide education at association meetings

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### Music & Memory <sup>SM</sup> Program Launch

- **SUPPORT FOR VOLUNTEER OMBUDSMEN:**
- Receive education about Music and Memory
- Participate in family meetings
- Provide information to support facility efforts to implement Music and Memory
- Share feedback received about the program

### Music & Memory <sup>SM</sup> Program Launch

#### SUPPORT FOR NURSING HOMES:

- For questions/guidance regarding the MDS 3.0
  - Bonny Small, R.N., Director of Quality Improvement and Regulatory Affairs, MHCA
- For support/monthly calls/questions:
  - Brenda Gallant, R.N., MLTCOP  
[bgallant@maineombudsman.org](mailto:bgallant@maineombudsman.org) or 621-1079
  - Nadine Grosso, MHCA  
[ngrosso@mhca.org](mailto:ngrosso@mhca.org) or 623-1146

## Music & Memory<sup>SM</sup> Program Launch

- Looking ahead:
  - OASIS Dementia Care Training in October
    - Dr. Wehry coming back to do a Train-the-Trainer for Music and Memory homes
  - Next round of facility data collection is November
  - Final report to CMS end of year
  - Considering CMP proposal for a Music & Memory Round 2
  - Peer Mentoring program
  - Webinars
  - Participation in National research and education efforts
    - Rutgers University
    - Dr. Fazelli's research
    - Consumer Voice

## Personalized Memories...



## Personalized Music...



Can Trigger:

- Emotions
- Feelings
- Images
- Sounds
- Memories

## Benefits of Music...

- Linked to personal memories
- Heart rate and blood pressure
- Many different parts of the brain are used
  - Processing
  - Rhythm
  - Singing
  - Tapping foot
- Regain life
- Feel emotion



## Evidenced Based Research...

### Outcomes Related to Dementia

- Attention
- Engagement
- Socialization
- Calmer environment
- Resistance to care
- Agitation
- Anti-psychotic medications
- Anti-anxiety medications

### Highlights

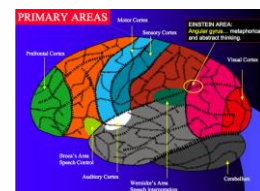
- Familiar
- Needs to be individualized
- Key factors for success
  - Song: Title
  - Performer

## The Brain & Music Connection...

### Listening

- Auditory Cortex
- Speech & Language Center
  - Broca's Area
  - Wernicke's Area
- Visual Cortex
- Motor Cortex
- Medial Prefrontal Cortex

### Activation





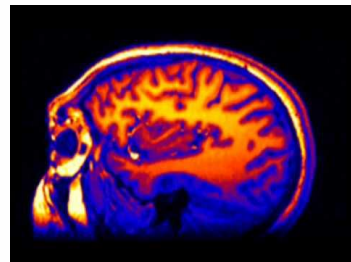
### The Joy Music Can Bring: Alzheimer's Disease

The medial prefrontal cortex is where special memories are stored and are unlocked with music.

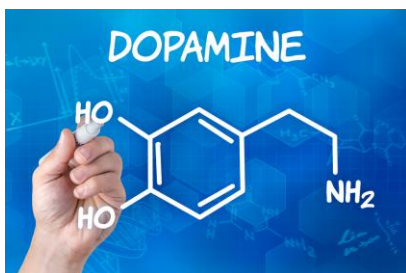
Can reawaken elders enabling them to feel like themselves again.

### Your Brain on Music...

#### 3D MRI Brain on Music



### The Chemistry...



### Music and Memory Program...

- Dan Cohen, Executive Director
- Started by a simple idea
- Mission Statement:



*To bring personalized music into the lives of the elderly or infirm through digital music technology vastly improving quality of life.*

- Vision Statement:

*By providing access and education, and by creating a network of MUSIC & MEMORY<sup>SM</sup> Certified elder care facilities, we aim to make this form of personalized therapeutic music a standard of care throughout the health care industry.*

### Music and Memory Program...



- Non profit organization
- 2006 began in New York Nursing Home
- 2012 Alive Inside documentary with Henry
- Provides access and education
- Network of certified organizations
- Personalized music to lives of older adults

### Making the Case...

- Gives pleasure
- Increases cooperation
- Increases attention
- Reduces agitation
- Enhances socialization
- Enhances engagement
- Fosters a calm environment
- Establishes a sense of dignity
- Valuable tool: anti-psychotics & anti-anxiety
- Evidenced based program

## Getting Started...



## Pre-Implementation...

- Certification: (3) webinars, 90 minutes
  - Introduction/benefits/research/legal concerns
  - Develop & manage playlists/handle equipment
  - Integrate in care plans/evaluate program effectiveness
  - Review forms/letters/use of their logo
- Policies & Procedures
- Equipment
  - Dedicated laptop
  - iPod/iShuffle
  - Headphones
  - Speakers
  - iTunes Account

## Setting the Stage: Education

- Senior Management
- Staff
  - Introduced in all employee meeting
  - Life Enrichment staff
  - Neighborhood meeting
    - Overview
    - Research/benefits
    - Handling of equipment
    - Equipment storage/security concerns
    - Integration in resident's life
    - Documentation

## Implementation...

- Who do we chose?
- Documentation- MHCA Forms
- Funding- Newspaper coverage, memorial fund
- Individualized iPods- How do we do this?
- Storage
- Charging
- Communication-sheets in rooms
- Time of Day/ Lists at Kiosks



## Resident Involvement...

- Selection of residents
  - Dementia
  - Depression
  - Anxiety
  - Boredom
  - Disruptive to the neighborhood
- Family communication
- Genres/artist list
- Personal music history



Music and Memory at The Cedars  
Personal Music Preferences

Please complete the form below to help us create a personal play list of music for you or your loved one. Then you may return the completed form in the envelope provided. If you have any questions, please contact Beth Vils, Director of Life Enrichment at 202-798-0000.

1. Do you have a favorite type of music?
2. What kind of music did you listen to when you were young?
3. Who was your favorite performer, group, band or orchestra?
4. Do you have any favorite religious music or hymns?
5. Did you attend concerts, performances or musicals (rock, classical, jazz, ballad, pop, etc.)?
6. Do you like to dance? If so, what type of dance?
7. Do you have a favorite composer (classical, jazz, blues, country, Motown, Big Band, Country, Folk, etc.)?
8. Were you in the armed forces? If so, what branch and when did you serve?
9. What songs did you dance to at your wedding? High school prom?
10. Do you enjoy Broadway shows or musicals?

## Creating Playlists...

- Collecting music
  - Frugally!
- iTunes





## First Impression...



## Music and Memory Baseline Tool...

- Section B: Communication
- Section C: Cognitive Patterns
- Section D: Mood
- Section E: Behavior
- Section F: Preferences for Customary Routine
- Section G: Functional Status
- Section I: Active Diagnosis
- Section J: Health Conditions
- Section K: Swallowing and Nutritional Status
- Section N: Medications
- Section P: Restraints



## Resident Observations...

- 9/10 times calmed resident from agitated state
- Asking how to use iPod independently (cognition, fine motor skills)
- Example of Section D
- More sociable

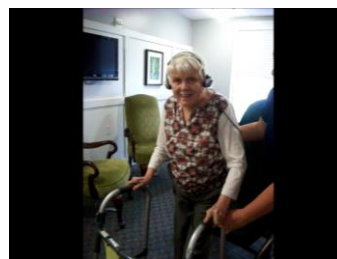


*"It takes away my loneliness. It makes me happy."*

## Music brings joy...



## Music brings smiles...



Music bring physical wellness...

## My Favorite Music...



## Resident Responses...

- Mood
  - Decrease anxiety, agitation, depressive statements
- Alertness
  - Decreased somnolence
  - Increased eye contact, ability to attend to task
- Engagement
  - Decreased restlessness
  - Singing, smiling
- Conversation
  - Reminiscence
  - Positive Redirection
- Activity
  - Therapeutic exercise
  - Self-feeding
- Diversion
  - Stable mood during increased activity in environment
  - Bereavement
- Identity
  - Person-centeredness

## Staff/Family Feedback...

- Resident eats better when in dining room
- Stays in dining room longer
- Eating independently
- Resident happier
- Email from a family member



## Challenges...

- Computer (technical issues)
- Charging
- Looking at the big picture (not just singing)
- Follow through
- Timing of iPod use



## Cost...

- Recommend a dedicated laptop computer
- Pricing:
  - \$1,250.00: Not-for-profit/for profit
  - Discount for multiple sites
  - Annual Renewal: \$200.00
  - Starter Kits: \$800.00
    - 10 ishuffles
    - 10 headphones
    - 10 DC adapters
    - (1) \$50.00 iTunes card

## Conclusion...

- Music is a big part of many people's lives
- Many positive observations and outcomes
- Music can promote increased cognition, be implemented into therapies, and promote positive behaviors.
- Continue documentation
- Adding more iPods to individual lives
- Relatively inexpensive program with great impact





**Getting Started:** [musicandmemory.org](http://musicandmemory.org)

