



EXCLUSIVELY DELIVERED IN
AUSTRALIA BY



Music & Memory: Impact and Outcomes



What is Music & Memory?

Music & Memory is an evidenced based program that delivers personalised playlists using iPod Shuffles. It aims to improve the quality of life for people living with chronic cognitive and physical impairments.

Music & Memory: History



ARTS
HEALTH
INSTITUTE

- Established by Dan Cohen in the US in 2006
- 'Alive Inside' (Documentary) 2012
- Music & Memory in over 3200 services in the US
- Arts Health Institute launched Music & Memory in October 2015, now in 100 sites in Australia
- Pilot across 21 public hospitals in NSW

How does it work?



ARTS
HEALTH
INSTITUTE

- We train particular people within a Music & Memory accredited service around the methodology of discovering significant songs for others
- Family and loved ones involved in this process of discovery
- We also train these particular people in how to implement Music & Memory within their service

Why Music?



ARTS
HEALTH
INSTITUTE

Summary of Research

- Increased awareness and engagement
- Increased cognition
- Reduced antipsychotic drug use
- Reduced agitation
- Reduced anxiety
- Reduced reactive behaviors
- Pain reduction
- Improved speech



Personalised Music Use - Impact

Specific Music & Memory study: 2012 -2013, Brown University

- 98 Certified Music & Memory providers (nursing homes)
- 98 Matched pair control (nursing homes)
- Findings: “Greater 180-day improvement in behavioural symptoms frequency and antipsychotic medication use than pair matched controls”



ARTS
HEALTH
INSTITUTE

Stories Of Impact



Further Impact

- People finding calmness
- Feeling happier overall
- Sense of ownership of their iPod and music
- For carers: a way of connecting and a peace of mind in discovering this simple new way of enriching the life of their loved one



Music & Memory: The Connection

- **Petr Janata** (University of California Davis Centre for Mind and Brain) mapped the brain during experiences of music
- Familiar music activated specific brain regions in the medial prefrontal cortex region
- This region is linked to autobiographical memories and emotions and is one of the last to be affected by Alzheimer's Disease
- Music – a “soundtrack for a mental movie” (Petr Janata)



ARTS
HEALTH
INSTITUTE

What's Your Favourite Song?



ARTS
HEALTH
INSTITUTE

Question Time

The Music & Memory Story

- Alive Inside (Netflix)
- Catalyst – ‘Music On The Brain’ feature (ABC TV iView or YouTube)

Further Questions?

Please contact:

Arts Health Institute

Phone: (02) 8354 1953

Email: dave.colman@artshealthinstitute.org.au

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.