

MUSIC for Dementia



Leading the call to make music an integral part of dementia care

Why music and dementia?

Music has numerous benefits
in four key areas for people
living with dementia.

- 1 Quality of life**
- 2 Communication and self-expression**
- 3 Community and connection**
- 4 Emotional and psychological wellbeing**



Our campaign and mission

Music for Dementia is a not-for-profit campaign that addresses one of the fundamental issues we face as a society when supporting and caring for some of the most vulnerable people – quality of life.

While there is no cure for dementia on the horizon we do have this transformational tool, music, at our fingertips. It is an instant connector and a universal language which has a powerful and unique role to play in dementia care.

Our goal is to make music accessible for everyone living with dementia.

We have made it our mission that everyone living with the condition has access to music as part of their care, from diagnosis through to end of life.

To achieve this, we are working with many different people, including: government, over 200 organisations in the health and social care sector and the music sector, our Ambassador Lauren Laverne, plus our growing supporter base.

Music can enliven, stimulate and enable people to express themselves creatively beyond words. This involvement enables people to be seen for who they are beyond their dementia. What's more, the ability to process, respond to, and engage with music remains intact however severe the dementia.

“Music therapy reduces agitation and need for medication in 67% of people with dementia.”

Benefits of music

There is a growing evidence base to show that musical engagement can significantly enhance and enrich the lives of people with dementia by improving general attention, cognition, memory, speech and communication skills.

It can also reduce agitation, apathy and anxiety and the need for anti-psychotic medication.

Lived experience confirms that music is a remarkable connector, bringing people back into the here and now to enjoy the moment with carers, family and friends.



The musical menu of choice

There are so many ways that people can experience music in its many and varied genres, according to personal preference.



Listening to music



Apps



Playlists



Performances / concerts



Dementia Discos



Singing groups



Choirs



Interactive / participatory music making



Playing instruments



Music therapy

“Sadly, the numbers of people living with this very challenging condition are rising – around 885,000 in the UK today, but predicted to be 1.14m by 2025.”

At Music for Dementia we believe...

- ...in the value and importance of music as part of dementia care in enhancing quality of life
- ...that music should be personalised and designed for people living with dementia, as well as free at the point of use wherever possible
- ...in providing a musical menu of choice
- ...that people living with dementia deserve dignity in their care
- ...in the right music, at the right time, delivered in the right way
- ...in empowering people living with dementia and others to be part of the change we are seeking to make

Visit our website for more inspiration



The Music for Dementia website is a hub of information on how to use music in dementia care, with helpful **free resources and guides** as well as evidence to support the case for music. It signposts to the many and varied organisations delivering musical activities in the community and in care homes, plus news, videos and advice for people living with the condition, family members, carers and musicians.

The website also includes direct links to the **Musical Map for Dementia**, a platform listing musical activities suitable for people living with dementia, and **m4d Radio** a 24/7 advert-free internet radio station playing era-specific music for people living with dementia and their carers.



Join the campaign at
www.musicfordementia.org.uk/join-us

