

Start a Music & Memory Program in Your Facility!



Music & Memory brings personalized music to people who live in nursing homes. The program trains long-term care staff, caregivers and family members to create personalized playlists for residents using iPods. The music helps residents enjoy life and staff regain valuable time for person-centered care.

The Healing Power of Music

Music with deep emotional connections to the past helps people with Alzheimer's and other dementias reconnect with loved ones and the world around them. Listening to preferred music can also help reduce the use of antipsychotic medications. Since 2015, the HHS Music & Memory program has improved the quality of care and quality of life for more than 7,000 nursing home residents in Texas. By the end of 2019, the program will have certified 632 nursing homes.

Nursing homes that use Music & Memory will:

- Reduce reliance on antipsychotic and anti-anxiety medicines.
- Reduce agitation and sundowning.
- Improve engagement and socialization and foster a calmer social environment.
- Improve staff engagement and morale.
- Improve quality of life for nursing facility residents.

HHS is studying the outcomes of the program and will release a report on the findings.



See a new student video featuring one of the initial 32 participating facilities at txccc.net/a-snapshot-on-aging-and-dementia/.

Research

In 2016, Brown University researchers found residents in Music & Memory-certified nursing homes “demonstrated greater 180-day improvement in behavioral symptom frequency and antipsychotic medication use than pair-matched controls” during the one-year study period.

Based on impressive results and the low cost, the Front Porch Center for Innovation and Wellbeing recommended the implementation of Music & Memory.

See more research at musicandmemory.org/music-brain-resources.

Quality Monitoring
Program



TEXAS
Health and Human
Services

Training

Nursing homes not selected for the HHS Music & Memory program can pursue certification themselves. To become certified, your site must pay for the training and complete three live webinars that explain program set-up and integration. Proprietary, for-profit nursing homes must supply at least 10 iPods to initiate training.

A Snapshot on Aging and Dementia Curriculum

This curriculum was developed by the Quality Monitoring Program to teach high school students in the HOSA program about dementia and ageism concepts and encourage relationships between generations.

The training can increase understanding of the disease process and help your staff provide the highest quality of care to residents diagnosed with any form of dementia.

“A Snapshot on Aging and Dementia” offers students and nursing home staff information about intergenerational programs and caring for those who have Alzheimer’s disease or other dementias. It also encourages them to consider a profession in geriatrics.

“Alive Inside: A Story of Music and Memory”

Founder Dan Cohen’s remarkable journey developing the Music & Memory program is captured in the compelling documentary “Alive Inside,” winner of the Audience Award at the 2014 Sundance Film Festival. Check out clips on YouTube or find ways to watch the entire film at aliveinside.org/film.

HOSA and Other High School Student Volunteers

With the help of student volunteers, the Quality Monitoring Program hopes to bring Music & Memory to every nursing home in the state.



Members of HOSA and other high school students can volunteer to help with fundraising, hold iPod drives and help with the technological aspects of the program. This fosters intergenerational relationships and connections that benefit everyone involved. To learn more and find out how to get volunteers at your nursing home, email TXstudent@musicandmemory.org.



See the *Student Curriculum: A Snapshot on Aging and Dementia* at texashosa.org/advisors/curriculum.



To Learn More

To get a list of certified organizations in Texas and learn more about Music & Memory, certification and equipment, visit musicandmemory.org and hhs.texas.gov/music-memory.

Send questions to Stephanie Hoffman at shoffman@musicandmemory.org.

The student curriculum and other publications can be found at hhs.texas.gov/qmp. Look for “Quality Monitoring Program (QMP)” in the links to the left of the page, click on “Resources” and then click on “Bridging International Gaps.”