

## August 28, 2019 Dementia Education Conference: Music & Dementia

### OVERVIEW

Music can help stimulate memory recall, decrease anxiety, improve mood, increase motivation, and promote social interaction. Using music at home during personal care, meals, and times of confusion can be very beneficial, as well as music and art combined. You can find music therapy groups and individual sessions in your community. These specifically can improve the quality of life in adults who have Alzheimer's and dementia.



### MUSIC TIPS

#**Play** soft, wordless music while your loved one wakes up in the morning.  
#**Hold** hands while singing familiar music and move to the beat,  
#**Play** familiar, comforting music in the evening to help decrease sundowning.  
#**Leave** out occasional words and have your loved one fill in the lyrics.

### SONG LISTS

#### Upbeat

- Chattanooga Choo-Choo: *Andrews Sisters*; Don't Sit Under the Apple Tree: *Glen Miller*; In the Mood: *Glen Miller*; Five Foot Two: *Gene Austin*; Carolina in the Morning: *Dean Martin*; Oh What a Beautiful Morning: *Oklahoma*; Sunny Side of the Street: *Louis Armstrong*; Sentimental Journey: *Doris Day*

#### Calming

- Look for instrumental versions: Somewhere Over the Rainbow: *Judy Garland*; You'll Never Walk Alone: *Carousel*; Edelweiss; *Sound of Music*; Moonlight Serenade: *Glenn Miller*; It's Been a Long, Long Time: *Bing Crosby*; My Way: *Frank Sinatra*; Love Me Tender; *Elvis Presley*; Unchained Melody; *Righteous Brothers*

### CONTACT

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