

MUSIC LISTENING PILOT PROJECT

ICCER's *Implementing Music Care in
Continuing Care*: November 9, 2016

Campus of
Wellness and Care



Demonstration
Project



SHEPHERD'S
CARE
FOUNDATION

Affordable, Christian, Age-in-Place Care

Purpose of Today

1. Introduction to SCF
2. Pilot context
3. Process taken
4. Outcomes
5. Organizational response

Shepherd's Care Foundation

- Started 1970; 7 communities in Edmonton/
Barrhead
- Provide housing for independent seniors and those needing home care; designated supportive living; and long term care.

www.shepherdscares.org



SHEPHERD'S CARE FOUNDATION
Affordable, Christian, Age-in-Place Care

Existing Music Programming

- Sites have Rec staff that organize musical events and activities with SL and LTC residents
- One site had access to a music therapist for consultation purposes and residents pay for individualized services
- No direct programming for independent residents



Music Programming



Why a Pilot?

- Movie “Alive Inside” stimulated interest
- Summer student who also happened to be an accredited music therapist
- KV large enough campus with all levels of care under one “roof”

Kensington Village Campus...

a neighbourhood community



Kensington Village Campus...

a neighbourhood community

- 580 residents within 525 units/spaces
- Mean age of 85 years (range 40 – 108 years)
- Mainly low to moderate income seniors

Pilot Methods

- Best practice review conducted
- Advisory group created:
 - Multi-disciplinary in nature
 - Provided advice:
 - Feasibility
 - How to implement at KV
 - Considerations/ adaptations needed
- Tools developed/adapted
- Timeframe: July – August, 2016

What is Music Care?

- Broad term that covers a variety of ways that music can be used in care and activities in order to improve QOL for LTC and SL residents
- Our focus: music technology which used iPod and computer as a method of music listening

Music Care Goals:

- Improve QOL, communication and mood
- Enhance connections with others, self, and the environment
- Prevent agitation
- Improve caregivers' ability to engage and deliver care



Music Care Potential Benefits:

- Reduced agitation and behavioural symptoms;
- Stimulated memories;
- Increased alertness;
- Improved mood and connection with others; and
- Help caregivers with transitions, care tasks, and confidence in delivering care.

Pilot Procedure

- Target: residents in all 3 streams (2 each) who displayed some level of cognitive impairment
- Referrals
- Eligibility
 - A presenting issue
 - Ability to hear a regular speaking voice at 1.5 feet away
 - An appreciation for music

Implementation

- Equipment
- Assessment & playlist creation
- Individual sessions
- Ongoing assessment & measurement

Pilot Participants

Living Option	Resident	Reasons for referral
Long Term Care	Resident #1	Agitation relating to changes in independence; level of care assistance
	Resident #2	Agitation during care tasks; wandering
Dementia Cottages (SL4)	Resident #3	Social isolation; depression
	Resident #4	Anxiety; wandering
Independent	Resident #5	Social isolation, anxiety, agitation
	Resident #6	Pain management, depression

Music Listening Sessions

	No music	Music listening	Live music	TOTALS
Long-term care	7	8	11	26
Resident 1	4	1	6	11
Resident 2	3	7	5	15
Dementia cottages	3	14	3	20
Resident 3	3	6	1	10
Resident 4	0	8	2	10
Independent	6	0	2	8
Resident 5	2	0	1	3
Resident 6	4	0	1	5
TOTALS	16	22	16	54

Observations

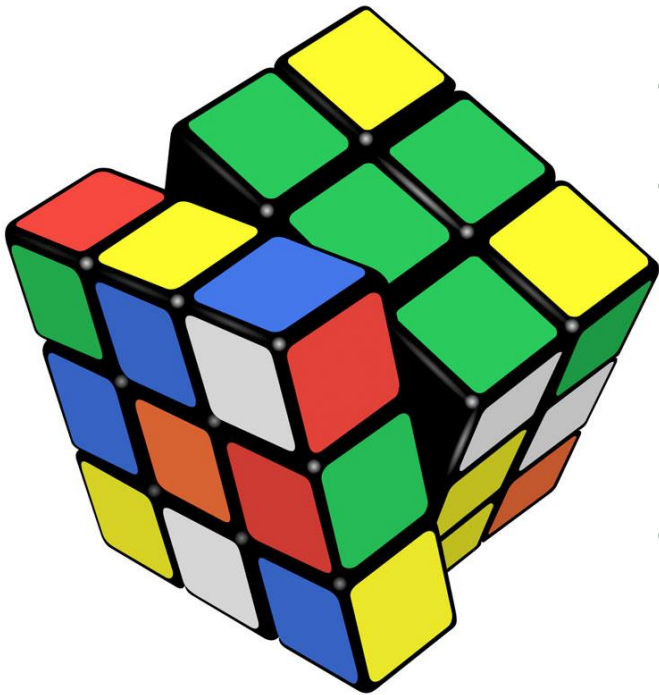
- All participants had a positive affect and participated in verbal communication or conversation during music sessions.
- Live music was very effective in causing residents to listen rather than voice their anxious thoughts.
- Live music seemed to be engaging whether it was familiar or not, BUT when it came to recorded music, familiar music was very important.



Learnings

- Interactive element of music & the relationship with the music therapist was very important.
- Music would draw residents and staff together
- Choice of equipment is critical to success but costs can add up;
 - safe storage is an unanticipated consideration
- Copyright issues

Pilot Challenges



- Residents not always available/willing to listen
- LTC residents had hearing issues
- Assessment of musical preferences took longer than expected and was being constantly assessed
- Equipment chosen was very restricting
- Independent residents were often not available

Enablers

- Great support from managers and staff at KV
- Accredited music therapist
 - Flexible in time to run music listening session; location where they took place; and the type of music that was delivered.

What was the impact of the pilot?



Organizational Response

- Music in Care Working Group established
 - Multi-disciplinary
 - Across sites
 - Across living options (Independent, SL, Dementia, LTC)
 - Bi-monthly meetings

Guiding Statement:

To inspire, uplift and bring joy through music

SCF Approach

- Adopted Room 217 model:
 - Level 1 training underway
- Fundraising campaign underway
- Approval to hire 1 FTE (probably a music therapist)
- Implementing three domains:
 - All sites: Community music
 - Piloting: Musiking (Vanguard)
 - Piloting: Environmental sound (Greenfield)
- Inclusion of independent residents as many frail or have mobility/vision limitations

THANK YOU!

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