



# IMPLEMENTING MUSIC CARE IN CONTINUING CARE

9 November 2016

In person - 2-140 ECHA  
and 10331A Rockyview



INSTITUTE FOR CONTINUING CARE EDUCATION & RESEARCH

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# Agenda

- 9:00 - 9:15 AM Registration & set-up of remote sites
- 9:15 - 9:30 AM Welcome & introductions
- 9:30 - 10:00 AM Exploring music care options
- 10:00 AM - 12:00 PM Speaker presentations and panel discussion

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# PRESENTATIONS

- *Music Care: Current reality and future directions* - Steven Friesen, Acting Manager, Quality and Resident Safety, Bethany Care Society (presenting from RGH)
- *Java Music Club in Practice* - Gabrielle Cleary, Recreation Therapist & Andrea Capowski, Recreation Therapist, Lifestyle Options Retirement Communities Riverbend

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# PRESENTATIONS

- *Music Listening Pilot Project* - Kelly Deis, Project Coordinator, Campus of Wellness & Care Demonstration Project, Shepherd's Care Foundation Kensington Village
- *The Magic of Music: Creating Moments that Unveil the Person Within* - Liz Tanti, RN, MN in Aging, GNC (C), Administrator, CapitalCare Strathcona

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# HOUSEKEEPING ISSUES

- In person – beverages and goodies are available all morning. Help yourself.
- There is no formal coffee break
- **Remote sites please keep mute on except when you want to speak !**
- Complete your evaluation form

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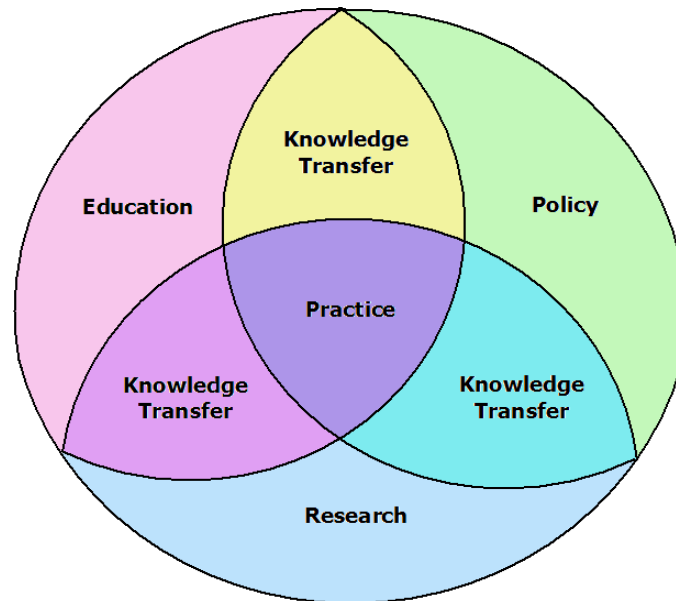
## EVALUATION FORMS

- On site – leave in box at registration table
- On line – available at <http://survey.constantcontact.com/survey/a07ede7f3obiuu10rb3/start>
- Email to [emily@iccer.ca](mailto:emily@iccer.ca) or fax to 780-481-7448

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# INSTITUTE FOR CONTINUING CARE EDUCATION AND RESEARCH (ICCER)

- A network of post-secondary institutions and continuing care providers collaborating to improve continuing care in Alberta.



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# COMMUNITY NEEDS DRIVEN RESEARCH NETWORK (CNDRN)

Pilot funded by AIHS in 2012, now supported through an operational grant from Alberta Health



To determine, from the perspective of the front-line workers, what the research needs are in CC in order to make a difference to practice and to the care of people within the CC system.



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# Needs Identification



# Results: Themes

Theme	Sub- Themes
Mental Health related issues	Challenging behaviors Care for non- dementia clients Client Mix
Education related issues	Adult Learning Effectiveness and outcomes HCA Training
System navigation and transition of care	Information and Education Assessment Impact on clients and families
Technology for adult learning and point of care	Point of care learning Communication Literacy (ESL)
Role definition within the CC sector	Nursing professions Rehabilitation/Recreation professions

# Results: Themes

Working with families	Family's role Families as CC clients The overlooked value of family's knowledge
Staff retention and recruitment	Recruitment (numbers/appropriate interpersonal skills) Retention (expectations, value of work, temporary staff)
Caregiving	Attitudes and attributes of caregivers Caregiving and couples in the CC sector Impact of habits and addictions
Intercultural issues	Clients' cultural backgrounds Staff's cultural backgrounds
Need for Recreation and Rehabilitation staff	Need evidence to support funding

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# IMPLEMENTING MUSIC CARE

- We want to discuss some of the issues and decisions an organization should consider before implementing (or trying to implement) a music care program.



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- The music programming used in the examples are only some of the options available.
  - ICCER is not recommending or endorsing any specific program.



# Music Therapy vs Music Care



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# MUSIC THERAPY

- Music therapy is provided by an accredited music therapist specifically trained in the use of music.
- Trained to provide specific and individual goals targeted (mental, physical, emotional, spiritual), interventions adjusted to meet outcomes.



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- “skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health” (Canadian Association of Music Therapy).





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# Music Care

- "Music care is an approach by which the healing principles of sound and musical effect inform our caring relationships. Music care is not a specific practice, rather a paradigm within which music is inherently understood to be part of life, playing an integral role in all aspects of caregiving and care settings. Music care is intended to be relational and improve quality of life and care, thus contributing to overall culture change in health care."<sup>1</sup>

<sup>1</sup> Room 217 Foundation

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# 10 Domains of Music Care

- To help provide a framework of how music care might fit in to continuing care facilities.
- Foster B, Pearson S, Berends A. 10 domains of music care: A framework for Delivering Music in Canadian Healthcare Settings. *Music & Medicine*; 2016;vol 8; Issue4; pages 199-206



Domain	Key highlights
Community Music	Outside musicians or entertainers invited in
Music Care Specialties	Specific music training for wellbeing e.g. Harp therapy, drumming circles
Music Therapy	Skillful use of music in a therapeutic relationship
Musicking	Informal and spontaneous use of music
Music Programming	Formal use of music within CC programs
Music Technology	Technology used to deliver music for a therapeutic goal
Sound Environment	Intentional sounds for wellbeing
Music Medicine	Prescriptive use of music strategies
Music Care Training	Training for caregivers to integrate into practice
Music Care Research	Evidence-based research using music strategies

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- [https://www.youtube.com/watch?v=qjkgVfRH  
MhY](https://www.youtube.com/watch?v=qjkgVfRHMhY)

# CONSIDERATIONS FOR IMPLEMENTING

## Budget

- Initial cost of equipment
- Ongoing costs
- Staff training costs (\$& time)
- Overall sustainability

## Resources

- Staff to run program
- Storage of equipment
- Maintenance costs
- Equipment cleaning
- Copyright issues

## Residents

- Cognitive status
- Independence
- Cultural specific needs
- Sensory impairments

## Organization

- Organizational philosophy
- Board support
- Management support
- Staff support

## Evaluation

- Process evaluation
- Results evaluation
- Cost benefits



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# WHAT TYPE(S) OF MUSIC PROGRAMMING IS APPROPRIATE?

## Passive

The resident doesn't actively take part in making music.

## Active

The resident actively participates in making music with voice, instruments, or other options.





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# ACTIVE

The resident actively participates in making music with voice, instruments, or other options.

Song writing

Vocal

Instrumental

Combined

## Examples

- .Room 217
- .JAVA music club
- .Drumming circles
- .Ukuleles





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# WHAT IS ICCER DOING?

- Supporting a Community of Practice related to Music Care in CC
- Partnering with Room 217 and the Winspear to bring a conference on Music Care to Edmonton in Fall 2017 – 6 November 2017



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# Further information

- [www.iccer.ca](http://www.iccer.ca)
- twitter (@ICCER\_AB)
- facebook  
<https://www.facebook.com/iccer.ca/>
- LinkedIn (<http://tinyurl.com/p9eabah>—  
Group) or (<http://tinyurl.com/oo6kjmd>—  
Company page)

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# Contact Us

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