



Some Thoughts on Implementing Music Care in Continuing Care



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INSTITUTE FOR CONTINUING CARE EDUCATION & RESEARCH



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Purpose of the document

This document is meant to assist continuing care provider organizations and individuals with making decisions about what sort of music programming best meets the needs of their organizational direction, their staff, and most of all, their residents.

ICCER is not recommending or endorsing specific programs, but some are mentioned as examples.



About ICCER

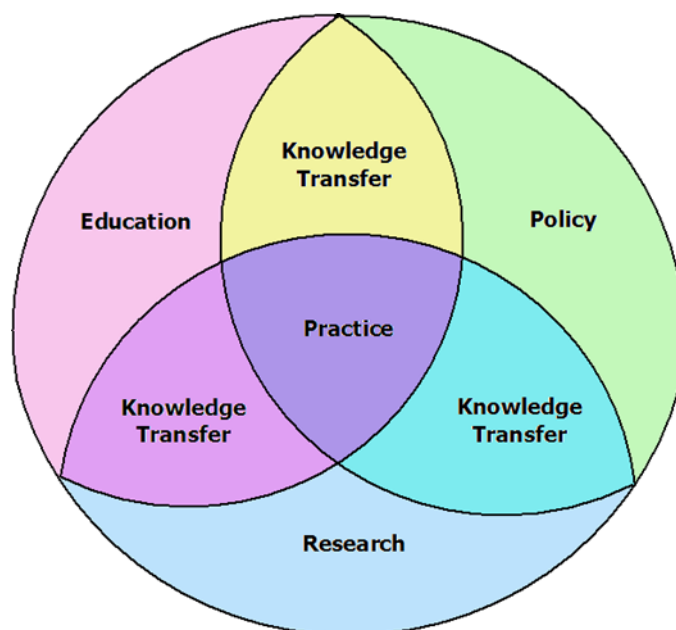
The Institute for Continuing Care Education and Research (ICCER) is a collaborative network of post-secondary institutions, continuing care provider organizations and regulatory bodies. ICCER provides an ideal environment to create synergies, resulting in leading edge research and evidence and allowing for innovation and the implementation of best practices.

ICCER's Mission

ICCER will improve continuing care in Alberta by encouraging research, translating knowledge into better practice, enhancing education and informing policy.

ICCER's Vision

ICCER will be a network of providers, researchers, educators, and learners collaborating to inform best care and quality of life for those served by the continuing care system.



What do we mean by continuing care?

In Alberta we have three streams of care in the continuing care sector. Continuing care includes people living at home and receiving supports by home care and family/friends; people living in congregative living situations (supportive living); and people living in long-term care or nursing home settings.



¹ AHS Annual Report 2015/2016; ² AH 2015/16 LTC residents profile

Music Care vs Music Therapy

Some people have asked us:

“Is there a difference between music care and music therapy?”

The answer is “Yes!”

Music Care is an approach by which the healing principles of sound and musical effect inform our caring relationships.



Music Therapy is a specific scope of music care practice, recognized as an allied health field, that uses music and musical tools to address clinical goals and objectives within a therapeutic relationship. Music therapy is one domain of music care that may be implemented.

Music Therapy

- ♪ Music therapy is provided by an accredited music therapist specifically trained in the use of music.
- ♪ A music therapist is trained to provide specific and individual goals and targeted (mental, physical, emotional, spiritual) interventions adjusted to meet outcomes.
- ♪ Music therapy is recognized in many Canadian hospitals and LTC settings as a respected allied health practice.

Music therapy is a discipline in which credentialed professionals (MTA) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.

- Canadian Association of Music Therapists, June 2016

<http://www.musictherapy.ca/about-camt-music-therapy/about-music-therapy/>



Music Care

♪ However, the healing power of music can be experienced beyond the clinical relationships of music therapy (i.e. psychosocial and biological interventions).

♪ In order to responsibly and effectively navigate and use resources wisely for optimal impact, it's essential for administrators and program leaders to understand the possibilities of how music can be delivered in care settings and the differences between those possibilities.

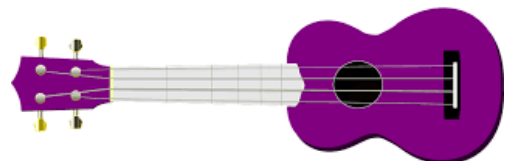
♪ Music care integrates sound, silence and music into life, paying close attention to how interpersonal connection and human contact is enhanced through musical associations. Music care aims to enhance well-being and quality of life for all people.

Music Care is an approach to the overall practice of professional and personal caregiving. It is a paradigm within which music is inherently understood to be part of the life cycle, and to thus play 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.

- Room 217 Foundation, Music Care Certificate Program—Level 1—2nd Edition

♪ There is a lot of potential for other healthcare professionals, community musicians, volunteers and family members to integrate music effectively into an individual's care.

♪ Using a music care approach can be integral to developing person-centred cultures in caregiving.



10 Domains of Music Care

| Domain | Key highlights |
|------------------------|------------------------------------------------------------------------------------------------------------|
| Community Music | Outside musicians or entertainers invited in to provide services in a care context. |
| Music Care Specialists | Individuals with specific music training for wellbeing (e.g. harp therapists, expressive arts therapists). |
| Music Therapy | Skillful use of music in a therapeutic relationship. |
| Musicking | Informal and spontaneous music-making in a non-programmed way (e.g. singing, dancing, listening). |
| Music Programming | Formal use of music within recreational or therapeutic programs for individuals or groups. |
| Music Technology | Technology used to deliver music and musical resources. |
| Environmental Sound | Sound experience in a care space and its physiological and emotional impact on persons in the space. |
| Music Medicine | Prescriptive use of music strategies for medically-related outcomes. |
| Music Care Training | Training for caregivers to integrate into practice. |
| Music Care Research | Evidence-based research using music strategies. |

Foster B, Pearson S, Berends A. 10 Domains of Music Care: A Framework for Delivering Music in Canadian Healthcare Settings (Part 3 of 3). *Music & Medicine*. 2016; Vol 8; Issue 4; pp199-206

Room 217 Foundation—Music Care Certificate Program—Level 1—2nd Edition

Considerations for Implementing Music Care Programs

Needs Assessment

Resources

- Staff to facilitate programs
- Gathering & storing equipment
- Maintenance costs
- Equipment cleaning
- Copyright issues & laws

Budget

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

Residents

- Cognitive status
- Functional status/ independence
- Cultural specific needs
- Sensory impairments

Organization

- Organizational philosophy & culture
- Board support
- Management support
- Staff support



Evaluation

- Process evaluation
- Results evaluation
- Cost-benefit analysis

What Type(s) of Music Programming is Appropriate?



Passive

The resident does not actively take part in making music (i.e. listening to music)

- ♪ Live vs. recorded music
- ♪ Individual or group activity
- ♪ Examples: iPods

CDs

Bands/musician at social events

Staff/family musicking

Active

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

- ♪ Song writing
- ♪ Singing
- ♪ Playing an instrument
- ♪ Combined
- ♪ Examples: Room 217 Foundation

JAVA Music Club

Drumming circles



Resources

♪ Canadian Association for Music Therapy (CAMT):
<http://www.musictherapy.ca/>

♪ Music Therapy Association for Alberta (MTAA): <http://www.mtaa.ca/>

♪ Room 217 Foundation: www.room217.ca

♪ JAVA Music Club: <http://javagp.com/>

♪ Music & Memory: <https://musicandmemory.org/>





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