



The Power of Personalized Music

Follow this link to watch a trailer
for the documentary *Alive Inside*.

<https://www.youtube.com/watch?v=IaB5Egej0TQ>



What is Music and Memory?

- Dan Cohen
- iPods with personalized music
- *Alive Inside* documentary
- Over 3,000 certified facilities in U.S.





Perry Lutheran Home

- 19th facility certified in Iowa
- Pilot program
- Roll-out of program
- Goals





Process of Music Personalization

Gather information from family, staff and resident regarding music preferences

Preview music with resident

Download music and upload to iPod

Resident uses their iPod and listens to their personalized music

Continue to evaluate the use and benefits of iPod for that resident







What are people saying about M&M?

“It is so individualized and that makes all of the difference.”

“When her iPod is put on, you immediately see the happiness and joy.”

“One of my favorite parts is watching the resident’s hands start to move to the music.”





What are people saying about M&M?

“In one word-- impactful.”

“This program has opened the lines of communication with families in new ways.”

“You can actually see the level of engagement that their music provides.”





Benefits

- More communication
- More movement
- More meaningful connections
- More cooperative
- More attentive
- More willing to accept care
- More time spent with one's meal
- Increases memory recall and reality orientation
- Person-centered
- Boost staff morale
- Reduction of anti-psychotic medications
- Reduction of agitation, aggression, and sun downing
- Improves quality of life
- Residual effects

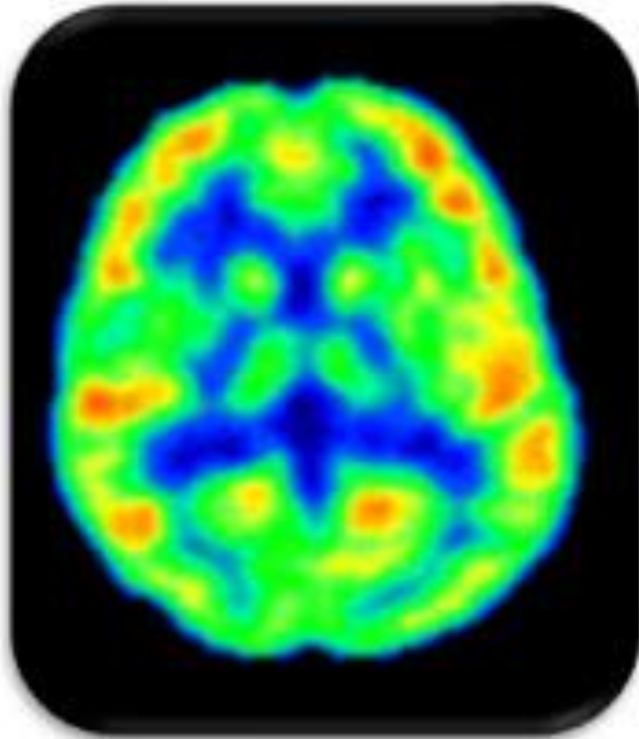


Follow this link to watch a clip from the documentary
Alive Inside that focuses on one man named Henry

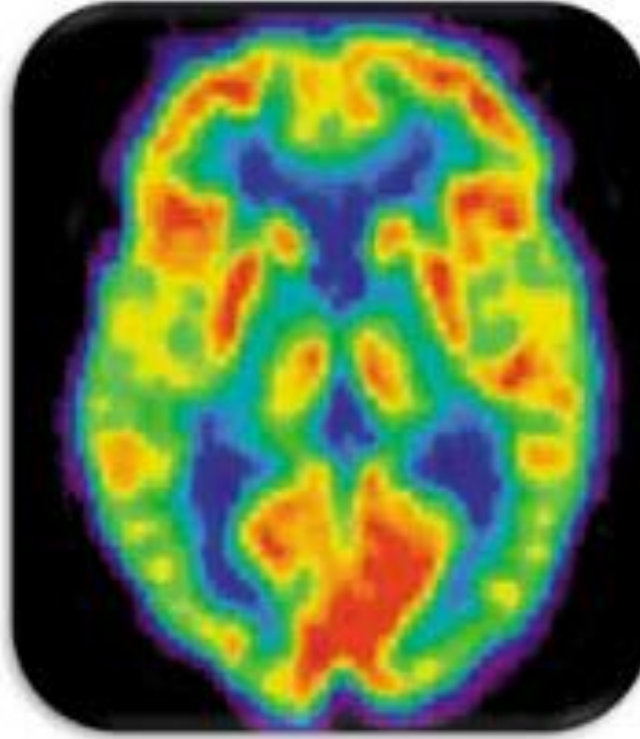
<https://www.youtube.com/watch?v=8HLEr-zP3fc>

Music and the Brain

The brain at rest



The brain's reaction to music



Follow this link to watch a clip that explains how the brain processes music.

<https://www.youtube.com/watch?v=B5QVCxg5A3o>



All it takes is 1
song to bring back
1,000 memories





Any Questions?

Alyssa Poland

515-465-5342

alyssa.poland@perrylutheranhome.org

