

# Music therapy for people living with dementia



Information, referrals, scheduling, costs

**face** the **music**

# Music therapy for people living with dementia

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Music therapy is an established intervention, using music to help people connect, and support and encourage well-being. It is available for adults who have dementia in the early or later stages, in community or residential settings.

Sessions include a range of music, singing and playing instruments, directed by those involved and tailored to their needs. These run weekly for individuals or small groups, lasting 30-60 minutes. A few initial assessment sessions help determine if music therapy may be beneficial, before continuing.

Music therapy for people living with dementia can help in several ways:

- increase enjoyment and participation
- improve confidence and self-esteem
- reduce agitation or anxiety
- enhance self-expression and creativity
- communication and social interaction



My name is Ed Muirhead: I'm a music therapist, registered with and regulated by the Health and Care Professions Council, HCPC number AS 16038. I have experience of providing music therapy for people living with mild to moderate dementia.



Music therapy has been very well received by those involved, and by family members and staff carers who have noticed an improvement beyond the sessions. During a service evaluation, all respondents rated music therapy “good” or “excellent” and thought it should be available to more people.

If you have any questions, please let me know. I’m also happy to meet with you to discuss music therapy and answers any questions you may have.

Ed Muirhead, 07948 504 355, ed@facemusic.co.uk

# Referrals and scheduling

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Referrals may be made at any time by people who wish to receive music therapy, their family member or support worker.

Aims would be discussed in advance, then weekly sessions would be provided for individuals or groups of 2, 3 or 4 people.

Music therapy typically runs for at least 10-12 weeks, and may continue beyond this period, based on the needs of those involved. The music therapist provides reports for each person, detailing their responses, involvement and engagement throughout the sessions.

Sessions are typically audio recorded to assist with supervision and review of work. Privacy and confidentiality will be maintained at all times. You may decline recording without affecting music therapy provision.

# Examples of costs

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£40 is the hourly rate, inclusive of travel within Dundee, instruments, NI, income tax, professional indemnity and public liability insurance.

- A 45-minute session for up to 3 people is £30, or £10 per person.
- A 30-minute 1:1 session for an individual would be £20.

## Further reading

The Impact of Group Music Therapy on Depression and Cognition in Elderly Persons With Dementia: A Randomized Controlled Study, Chu et al., Biological Research for Nursing, 2014

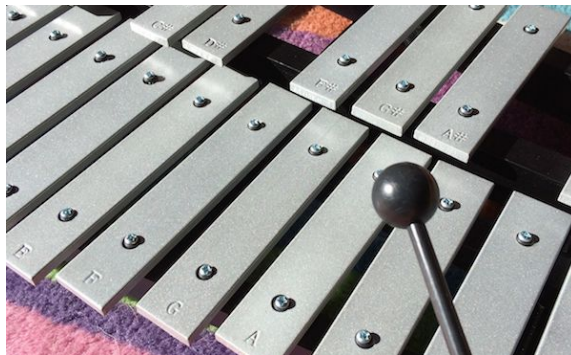
Individual music therapy for agitation in dementia: an exploratory randomized controlled trial, Ridder et al., Aging & Mental Health Journal, 2013

*“Music therapy sessions at the drop-in have enhanced the wellbeing of the people who attend, and improved the mood of the environment.”*

*- Staff member*

*“When you’re singing, you feel happy. And the songs come out a lot better.”*

*- Client*



*“I have observed a definite improvement in self-esteem / confidence in two people who attend.”*

*- Staff member*