UNFORGETTABLE:
MUSIC THERAPY AS A
COMMUNICATION TOOL IN
DEMENTIA

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Following demonstration of music therapy techniques, identify music therapy as an intervention for Alzheimer’s disease/dementia.

While participating in small group music activity, develop simple communication strategy using familiar songs or instruments.
OUTLINE:

- Introduction to music therapy techniques
- Demonstration of music therapy techniques
- Clips of music therapists at work
- Case studies
- Small group music activity
- Demonstration/analysis of small groups
- Questions?
Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.
Music Therapy

- Improve Communication
- Enhance Memory
- Manage Stress
- Alleviate Pain
- Express Feelings
- Promote Wellness

Enhancement of Memory, stress management, alleviation of pain, expression of feelings, promotion of wellness are some of the benefits provided by music therapy.
INTRODUCTION/DEMONSTRATION
MUSIC THERAPY TECHNIQUES

Listening and movement
- “Daisy, Daisy”
- Tennessee Waltz

Song Re-Writing
- “I Like”
- Who I AM

Singing together:
You are my Sunshine

Tactile instruments
- Coffee Cans, Rain Makers, Egg Shakers
MEASURING SUCCESS

Improved interaction with others?
• Acknowledgement
• Communication

Expressive language or movement?
• Singing
• Toe tapping, hand clapping

Express emotions or memories?
CASE STUDIES IN MUSIC THERAPY

- Joe—Using music to assist in expression of emotions

- Emma—Music to assist in a sense of connectedness/reminiscence/spirituality

- Jim—Limiting perseveration and encouraging expression of self-worth

- Don—Assisting with recognition of family
SMALL GROUP ACTIVITIES
Song Re-Writing
Rhythm Instruments
Lyric Analysis
Singing Together

Demonstration and Analysis
WHAT IS THE GOAL?

- Improved eye contact?
- Improved verbal speech?
- Improved written communication?
- Improved non-verbal communication?
- Improved expression of feelings?
- Improved interaction with others?
- Decreased speech perseveration?
- Decreased distracting behaviors?
- Improved sequencing?
WHAT MUSIC INTERVENTION COULD BEST ADDRESS YOUR GOAL?
WHAT MUSIC WILL YOU USE TO ADDRESS GOAL?
MEASURES OF SUCCESS?
Questions?

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