

# The role of music in Health and Aged Care

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# The roles of music

- Validate emotions , triggers expression of emotions
- A form of communication
- A trigger for physiological responses
- Enjoyment!
- Socialisation
- Assists in forming our personhood (Kitwood)
- Educational

# Music and the lifespan

- We start to hear sound in utero
- 0-10 years: We hear music exposed to us by our parents, our lifestyle
- 10-14 years: we start to choose our own music and form our own musical tastes.

Behne, (1998).

# Music and lifespan (cont'd)

- Teenage years: puberty, highly emotional period: intense focus on music
- 20's focus on music till remains strong
- 30's focus starts to diminish

Moore, Staum & Brotons, (1992), Jonas, J., (1991), Gilbert & Beal (1982), Lathom, Peterson, Havlicek, (1982), Bartlett & Snelus, 1980, Gibbons, (1977).

# What music gets stored?

- Music/songs of our earlier years that are repeated
- Music/songs that are connected to significant events/emotions/people
- Lyrics not necessarily relevant to the memory
- Different for each one of us

Hays, Bright, Minichiello (2002)

# Music preferences of the elderly

- music of their early adult years
- Music with an upbeat rhythm
- Music connected to memories/emotions

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# Music and physiology as we age

- Vocal range diminishes
- Vocal strength diminishes
- Hearing can decline
- Mobility decreases

# Music activities for the elderly

- Music listening/Reminiscence  
e.g. life review
- Singing e.g. choir
- Dancing
- Instrument playing
- Music quizzes/Music Bingo

Brotons & Pickett-Cooper (1996), Gerdner (2000).

# Goals for use of music in the elderly

- Increase socialisation e.g. choirs, reminiscence groups,
- Compensate for isolation and loneliness
- ....alter moods e.g depression
- A vehicle to encourage exercise

# Music and Dementia

- Music of their earlier years
- Related to the severity of their dementia
- Music of their childhood
- Important to play the music/songs to them. They are unable to tell you what songs they know

# And finally...

- The melody remains, the lyrics fade.....so..
- Don't expect elderly people to be able to recall their favourite songs as they age.
- Everyone's musical tastes are different.

# The future of music and the older person

- Rock music, once music of the young, will be music of their parents and grandparents
- People's music tastes will be broader, and possibly developed earlier due to multimedia, and improved technology