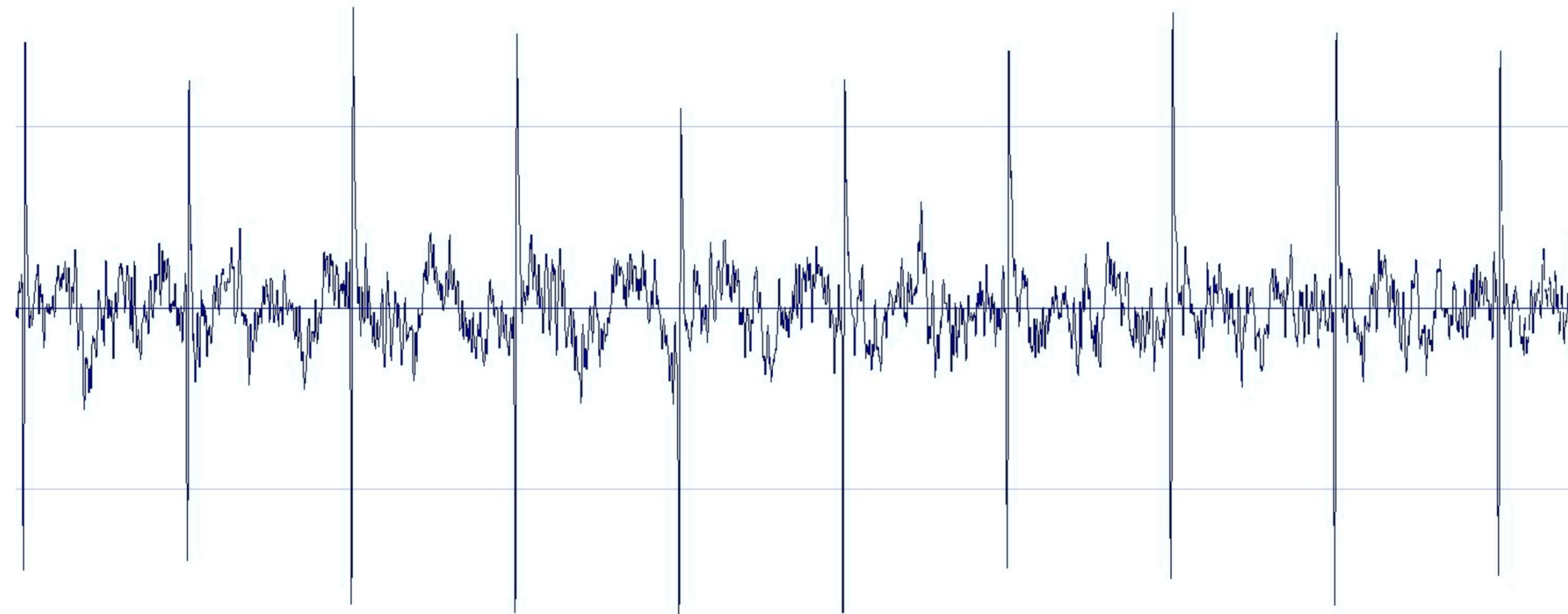


Music Therapy: The Art of Working with People with Dementia

Music therapy is a specialist intervention, with recognised training
 Music therapists are HCPC registered practitioners
 Music therapy is a relationship focused, dynamic, evidence-based psychological therapy
 Music therapists offer individual and/or group sessions in designated premises at regular times
 Music therapists offer advice, consultation and signposting to other professionals/arts organisations
 Music therapists provide specialist assessment and consultation to identify an individuals' music needs within the spectrum below



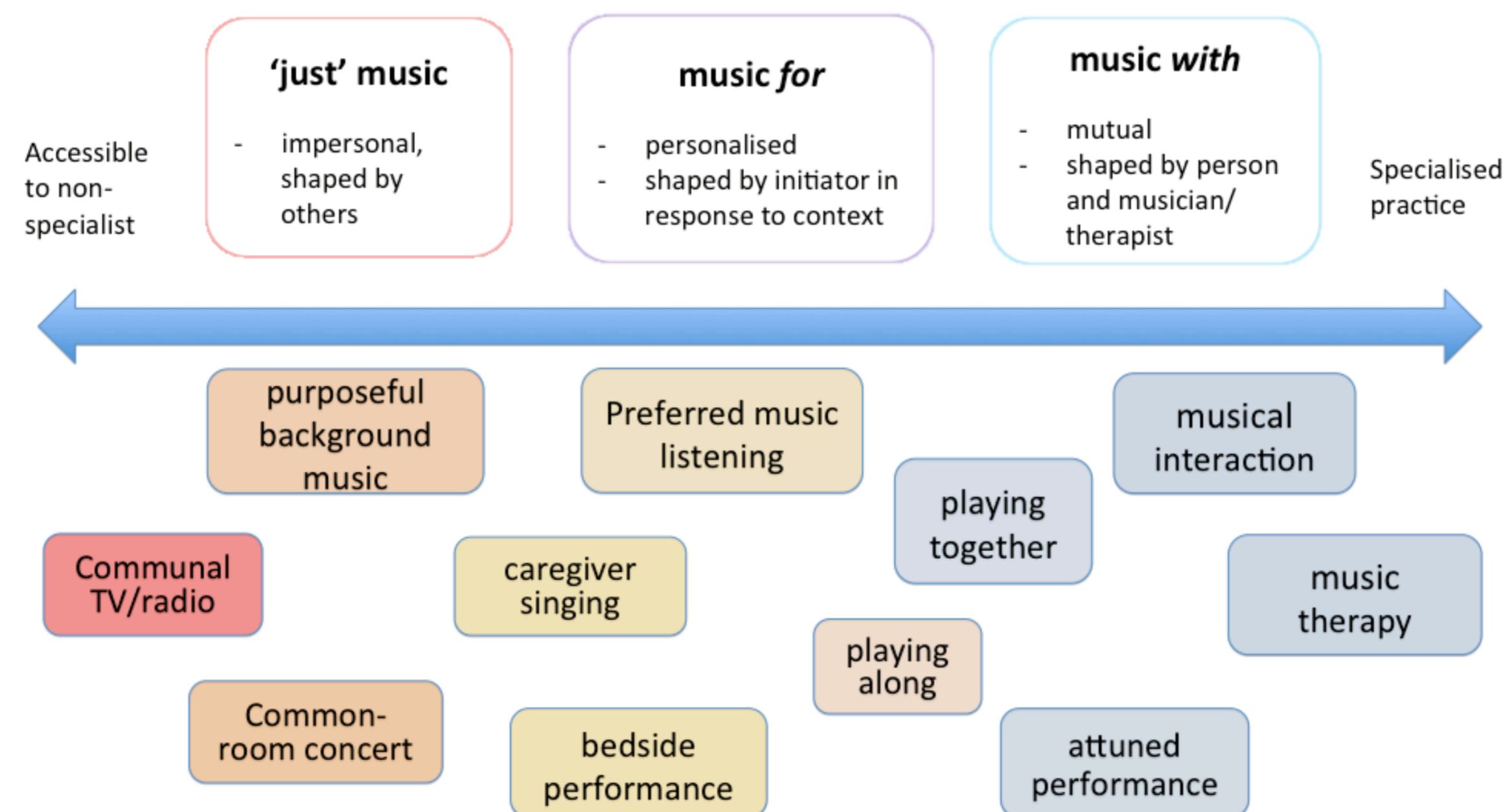
In Scotland, music therapists are collaborating with community musicians, musicians and NHS health professionals supported by The Life Changes Trust, to ensure that people with dementia and their carers have access to best practice and are aware of the full range of specialist music provision

The spectrum of musical engagement in dementia contexts (Bentley, 2015):

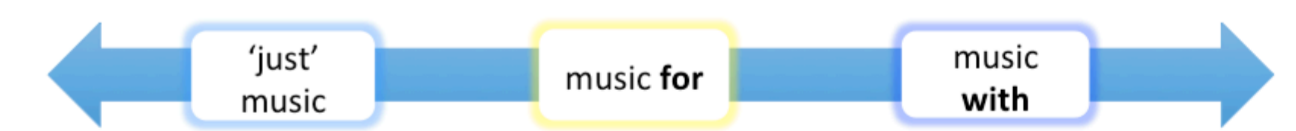
Features across the spectrum



Passive	(Re)active	Interactive
low patient control	involves patient	high patient control
little established relationship needed	builds relationship	dependent on musician/patient relationship
low attentional demand	elicits attention	high demands on attention
little personal exposure	encourages participation	high level of intimacy
low trust required	establishes trust	cannot function without trust



Possibilities for...



Passive	(Re)active	Interactive
	Joy, pleasure,	music!
Arrival on ward	Building trust and relationship	opportunities for autonomy and agency
Where recipients are very tired, ill, or self-conscious	Affirming personhood and identity	providing a 'normal' activity in an abnormal environment
'Stealth' introductions	Encouraging participation	shared activity (with carers, relatives, etc)
Many people at one time	Situations requiring more flexibility and responsivity	opportunity for self-expression
Changing the atmosphere of a setting		creating links through non-verbal communication

References:
 Haire, N. & Bentley, J. (2015) 'Mapping Musics in Dementia Care in Scotland: Community Musicians and Music Therapists Approaching Dementia Together'
 Paper presentation. Music Therapy and Dementia Care in the 21st Century. Anglia Ruskin University, Cambridge.
 Reynish, E. & Greasley-Adams, C. (2015). Music and Dementia: Developing a Conceptual Framework. University of Stirling