

MUSIC

If you are at home caring for a person living with dementia, it is likely you are experiencing less social contact as a result of the measures taken to reduce the spread of COVID-19.

It is really important to keep you and the person you are caring for as physically and mentally active as you possibly can while at home.

We have prepared a collection of resources which you might find helpful during these times of uncertainty.

We hope that you find the resources we have listed useful. We have no affiliation with any of the providers/organisations and we apologise for any omissions.

We are all in this together and can all play a part in this effort in our communities.

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Dementia Services Information and
Development Centre
April 2020

DSiDC

Dementia Services Information
and Development Centre



MUSIC

Everyone reacts to music. From listening or watching, to active participation, tapping, singing or playing.

The areas in the brain linked to music memory can be relatively well preserved in dementia, and combining music with reminiscence therapy and exercise can be a hugely enjoyable experience for people living with dementia.

Ways to include music in everyday life include

- Listening to your favourite pieces of recorded music
- Watching and listening to a live performance
- Play an instrument
- Singing

Familiar music and lyrics from the person's earlier life can be relevant and bring back memories. YouTube www.youtube.ie is a great free resource to find meaningful pieces.



Listen and watch

Berliner Philharmoniker Orchestra -

German orchestra based in Berlin, consistently ranked in the top handful of orchestras in the world.

<https://www.digitalconcerthall.com/en/live>

Metropolitan Opera New York -

Live in HD series will be made available for free streaming on the Met website, with each performance available for a period of 20 hours, from 11:30 p.m. until 7:30 p.m. the following day. The schedule will include outstanding complete performances from the past 14 years of cinema transmissions, starring all of opera's greatest singers.

The performances are being made available through the Met Opera on Demand streaming service

<https://www.metopera.org/>

Opera Vienna

<https://www.staatsoperlive.com/>



Create a playlist

BBC music memories

This website is designed to use music to help people with dementia reconnect with their most powerful memories.

<https://tinyurl.com/y3ndkzm6>

Music for Dementia 2020

This is a UK national campaign to make music available for everyone living with dementia by 2020. Led by The Utley Foundation, the campaign is a direct and positive response to the Commission report on Dementia and Music.

<https://tinyurl.com/vopz87d>



Singing

Singing individually and dementia choirs are great resources. "If you can talk, you can sing" No experience required. Choirs cannot meet at present but you can still sing away!

The **Forget-me nots choir** has a repertoire of songs which may be helpful to make a start singing.
Check the repertoire by clicking [here](#)

Youtube has a channel for **Sing along** for people with dementia
Click [here](#) to access it.

