Sounds & Scissors: Exploring How Music Influences Engagement and Recall in Dementia Care

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INTRODUCTION

There have been ample studies that explore the influence of music with persons diagnosed with a dementia. This has extended to studies that use self-selected music as an intervention with varied activities – e.g., recreational exercise, leisure activities, and ADLS. This study adds to the dementia research by exploring the potential influence of music with collage-making activities.

METHODS

Location: Nursing home (Laurels of Athens)
Materials: Supplies & images sources were pre-provided. (Magazines, catalogs, books)
Inclusion Criteria: Age 65+, Resident at the nursing home, consent and assent was obtained:

- Two older adults identified by staff as having early-stage dementia (not specified) and two older adults without a dementia diagnosis. Participants were paired: one with and one without a dementia diagnosis.

Intervention: Music identified by staff as preferred by the participants.

- Conditions: 30- minute activity with each pair 1) Collage-making without music. 2) Collage-making with familiar music.

Observation of the individual pairs:

- Note-taking – thematic analysis. Likert scale – participant behavioral characteristics documented, observed, and rated, e.g., mood and verbal engagement.

MAJOR FINDINGS

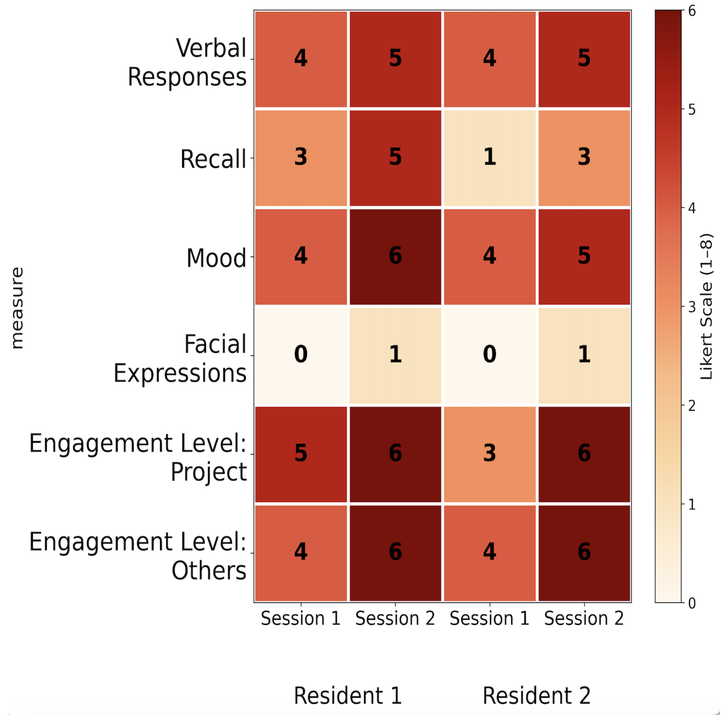
- All residents demonstrated **increased eye** contact with their partner.
- All reported **increased engagement** with both project & others (ratings of 5-6). Resident A creating two collage activities, stating “I like doing this.”
- Participants with dementia **verbally recalled** past experiences, including family members, past events, and meaningful life moments.
- Participants with dementia demonstrated **positive physical responses** to familiar music. (Rhythmic movement, tapping foot, and singing)



Music Intervention in Collage Art Activities Increases Engagement and Recall in Dementia Care.



DATA:



LIMITATIONS

- Small sample size: Cannot generalize findings.
- Only consisted of women
- Two sessions were conducted: additional are needed.
- Session 2: Potential influence of familiarity with project or partner.
- Variable include: Daily mood, fatigue variations, music selection
- Researcher bias: perceived engagement vs. participant responses

DISCUSSION

This study suggests that participant-preferred music selections may enhance personal engagement in a collage-making activity. This is reflective of research with similar approaches. Because collage-making is a low-cost activity, it may be a viable option for nursing homes and other residential settings with memory care units. These activities may also be beneficial for other residents to promote recall and creativity.

References & Acknowledgements

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