ACACIA: The ACT Consumer and Carer Mental Health Research Unit

Australian National University

The Music Engagement Program

The Music Engagement Program (MEP) is an established program in the ACT.

This project will investigate the effects of the Music Engagement Program for people living with Alzheimer's disease and dementia.

We hope to improve residents' quality of life, wellbeing, and symptoms of depression. We also will find out whether the program is acceptable, feasible, and sustainable.

Proposed study

The program will comprise group singing sessions with residents of an aged care facility.

Sessions will last around 45-60 minutes and will be conducted weekly for 8 weeks.

The program will be led by Dr Georgia Pike, who is a highly experienced music facilitator.

Participants

We expect up to 20 residents will participate.

Aged care staff will also be involved in the Music Engagement Program sessions.

We will also interview any staff who wish to participate about their views of the program overall.

Aims

We hope to find out if the Music Engagement Program is effective in improving quality of life, wellbeing, and depression in aged care residents.

We also want to find out if the program is acceptable and sustainable in this setting.

Want to learn more?

For more information about ACACIA's research projects, head to the "Our Research" page on the ACACIA website:

http://cmhr.anu.edu.au/acacia

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