



The Music Engagement Program

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

This project investigated the effects of the Music Engagement Program for people living with Alzheimer's disease and dementia in an aged care residence.

The aim was to improve residents' quality of life, wellbeing, and symptoms of depression. We also aimed to find out if the program was acceptable, feasible, and sustainable.



Program summary

The study evaluated group singing sessions with residents of an aged care residence. Singing sessions lasted around 45-60 minutes and were conducted weekly for 8 weeks. The program was led by Dr Georgia Pike, who is a highly experienced music facilitator.

Participants

Sixteen residents participated in the music program

Six aged care staff members, and three family and community members participated in the interviews.

Results

Residents' depression on the Cornell Scale improved from before to after participating in the 8-week program.

Interviews with staff and family outlined that residents seemed to show improved mood, calmness, and lucidity:

"I was able to talk to her about things as though she was just a normal mother, like she didn't have dementia"

However, staff did not believe they could continue the MEP sessions beyond the trial period without an external facilitator, indicating that outside help to deliver the program may be required.

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<http://nceph.anu.edu.au/acacia>

