



Music for Connection and Self-Care

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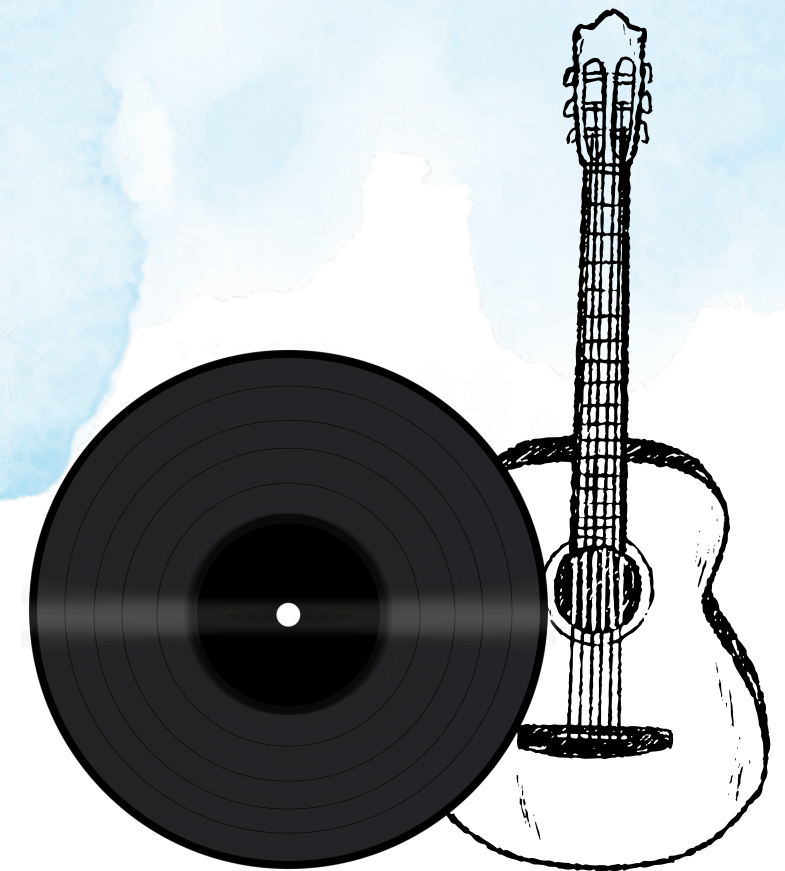




Music Warm-Up



DOORNOO, PASHA & GARRUNELL



Music is...





Music & Brain Health



1

**Encourages and
Enhances
Memory**



2

**Naturally increases
dopamine and
serotonin**



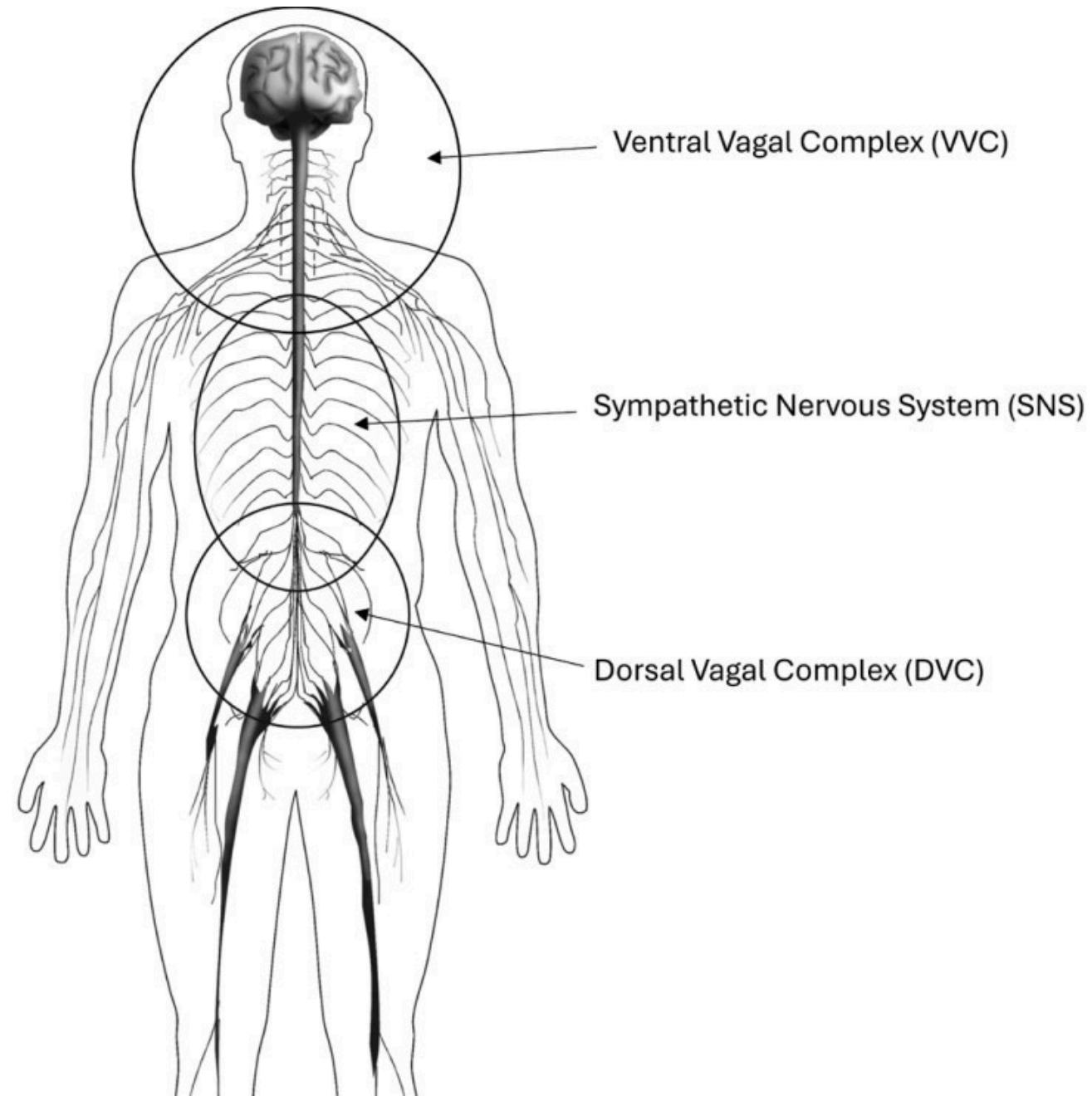


Music & Physiological Health



1

**Natural
regulation of
nervous system**



2

**Entrainment:
Body naturally
synchronizes with
rhythm**





Music & Emotional Wellbeing



1

**Encourages emotional
expression**

2

**Encourages enjoyment
and stress reduction**

3

**Encourages connection
with others**



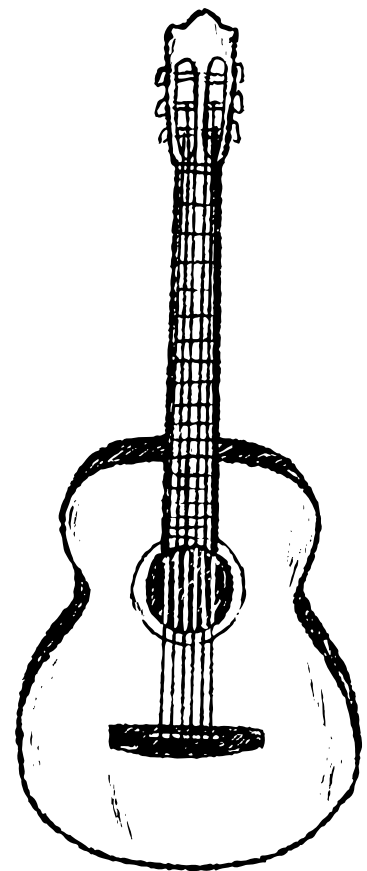
Caregiver Connectors



- **Understand music preferences.**
 - Speak to the person and/or family members about favorite genres, artists, songs, and concert experiences.
 - Peruse their music collection (with permission).
 - Understand cultural and faith identities, and use music that connects with that identity (if there is music).
 - Use this information when bringing in music to the space.

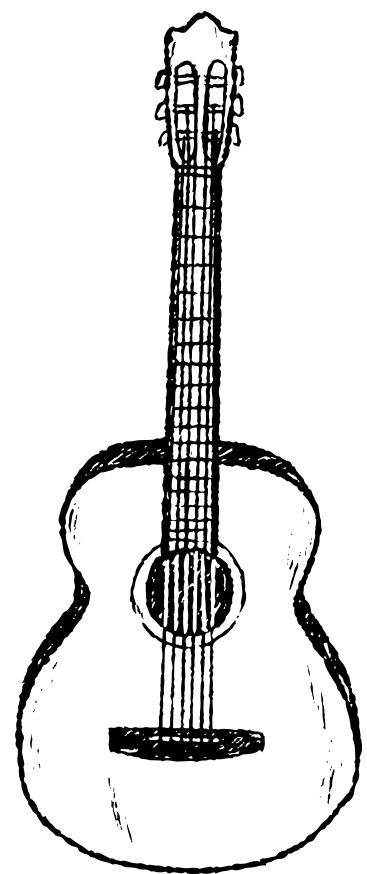
Caregiver Connectors

- **Consider creating playlists based on music preferences**
 - Songs for different times of day/cueing to encourage routine
 - Up-tempo songs to encourage motivation
 - Down-tempo songs to encourage relaxation



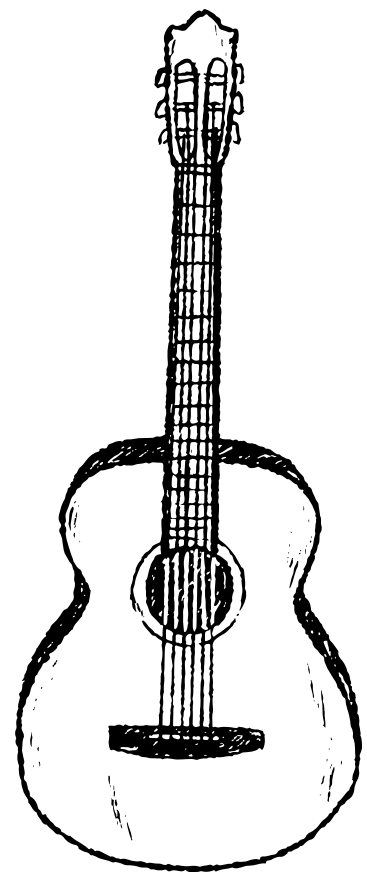
Caregiver Connectors

- **Sing together, Dance together**
 - Encourages co-regulation
 - Can help boost/change mood, even during challenging moments



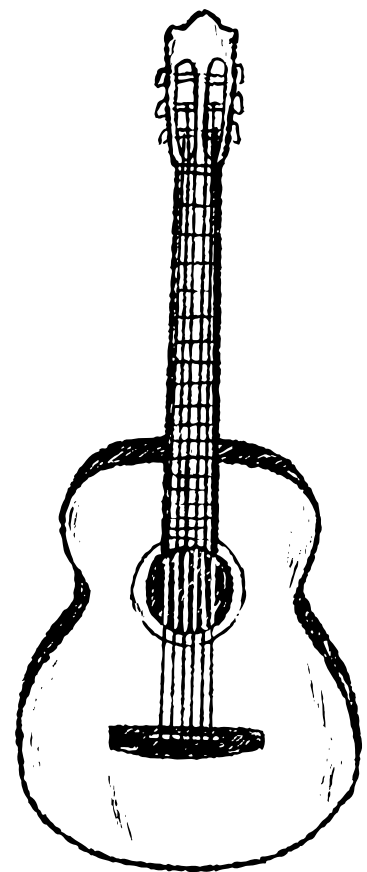
Caregiver Connectors

- **Share songs together**
 - Take turns sharing songs with each other
 - Encourages a new experience (possible new songs) for the person you're caring for
 - May encourage reminiscence and conversation



Music and Self-Care

- **Curated playlists for song breaks throughout the day**
 - Up-tempo songs for energy/motivation
 - Down-tempo songs for regulation/anxiety reduction
 - Songs for emotional release
- **Box breathing/guided breathing with a song**

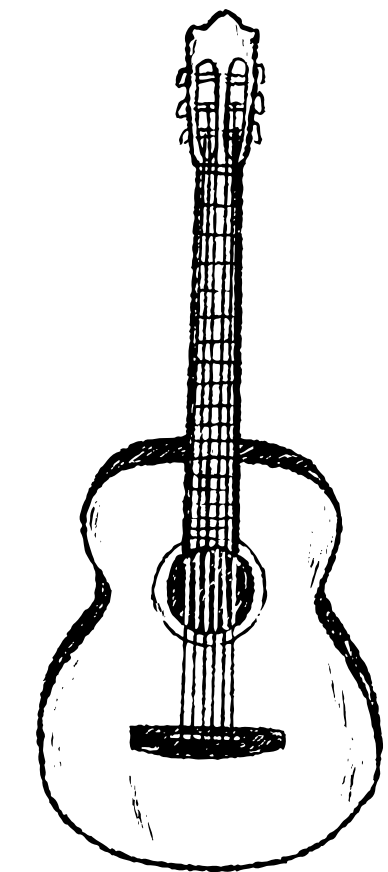


Choices of Experiences

Song Sharing/Playlist Creation

Singing

Music Assisted Guided Relaxation



Connecting Songs to Themes



Joy

Relaxation

Happiness

Autumn

Courage

Love

Accomplishment

Motivation

Hope

Confidence

Support

Faith

Fulfillment

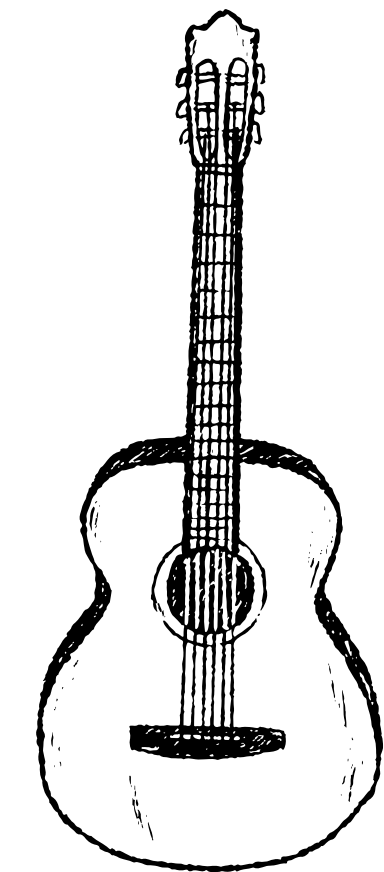
Reassurance

Release

Growth

Optimism

Energy



Singing

Hey Jude - The Beatles

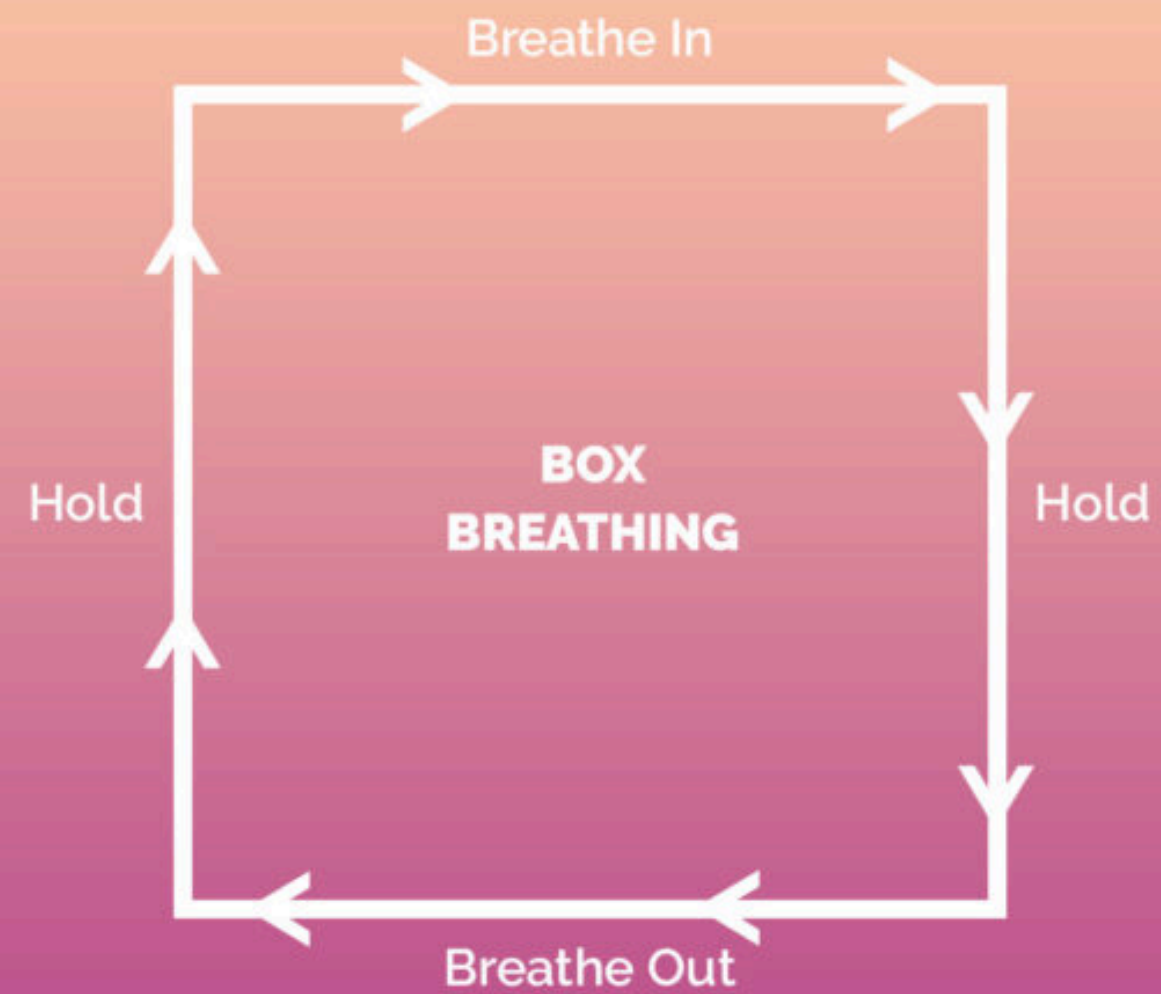
You Got a Friend - Carole King/James Taylor

What a Wonderful World - Louis Armstrong

Lean on Me - Bill Withers



Guided Relaxation



Resources and References

- *Music, Memory, and Meaning: How to Effectively Use Music to Connect to Aging Loved Ones* (2017) - Hamons, Jenkins, and Befi-Hensel
- *I Heard There Was a Secret Chord: Music As Medicine* (2024) - Levitin
- *Music and the Aging Brain* (2020) - Cuddy, Belleville, and Moussard





Thank You!

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