



**California Association
of Health Facilities**

Amanda Davidson

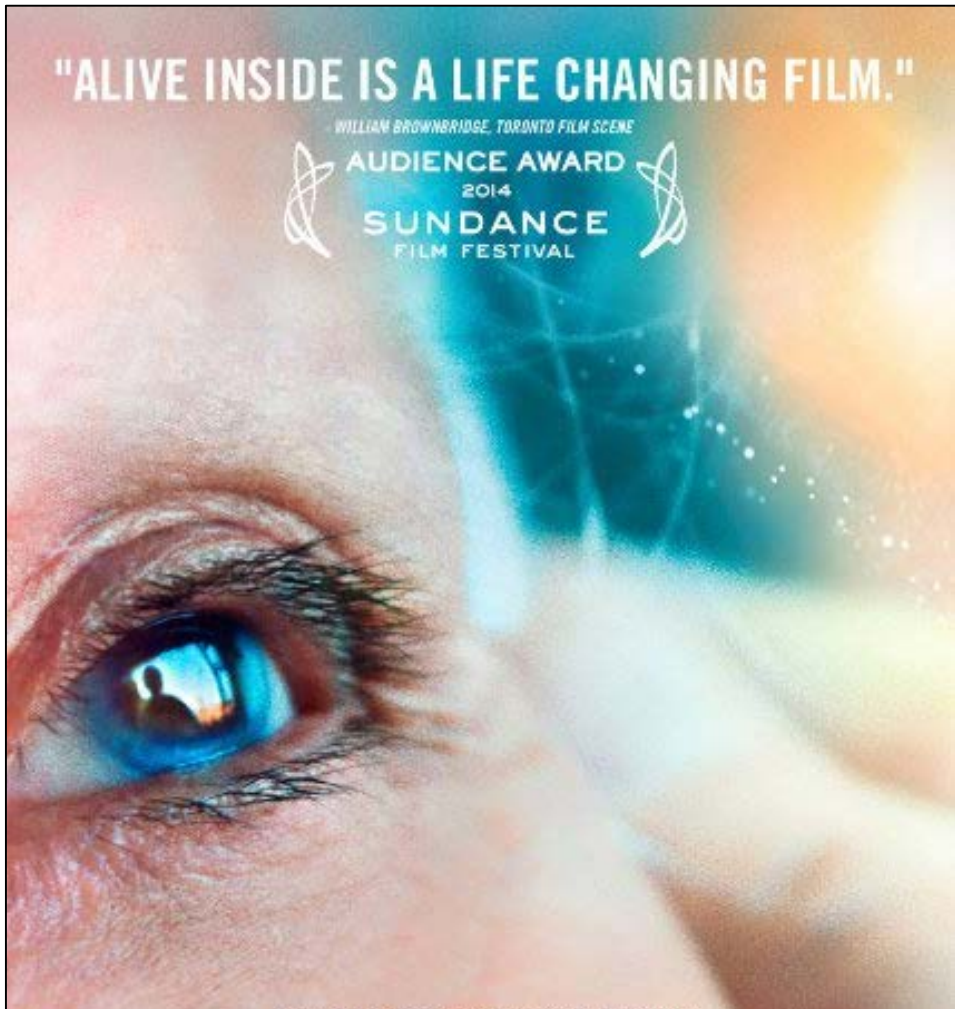
CAHF Music and Memory Program Coordinator

What is Music & Memory?

What is the CAHF Music &
Memory project?

"ALIVE INSIDE IS A LIFE CHANGING FILM."

WILLIAM BROWNBRIDGE, TORONTO FILM SCENE



A FILM BY MICHAEL ROSSATO-BENNETT

ALIVE INSIDE







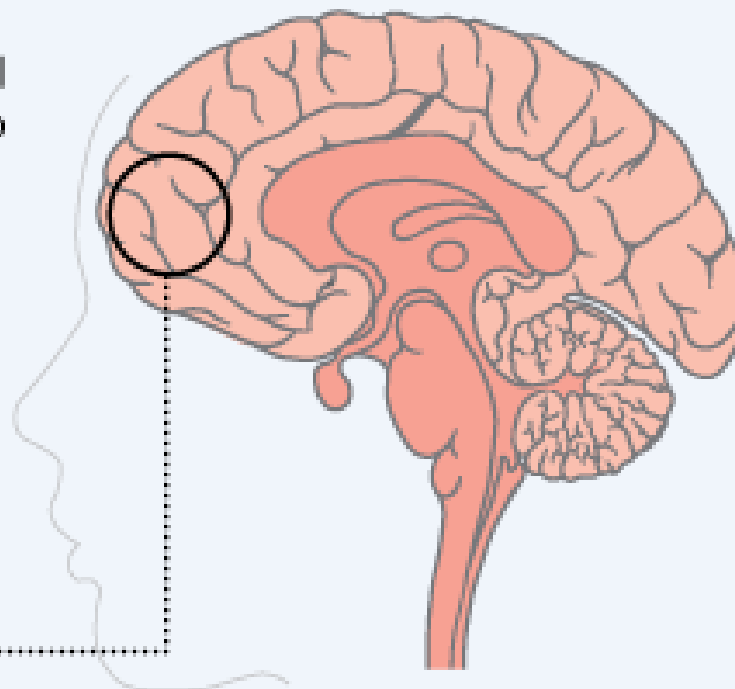
- Seeks to improve quality of life for the elderly or infirm by providing personalized music through digital music technology.
- Enables those struggling with Alzheimer's, dementia and other cognitive and physical challenges to reconnect with the world, and their individual histories, through music-triggered memories.
- Certifies and trains care organization staff, as well as family caregivers, to offer the program to clients they serve using inexpensive, and readily available technology.



- Brings joy and enhances quality of life
- Helps to increase communication and social engagement
- Restores identity and personhood
- Offsets boredom, isolation, pain and depression
- Stimulates participation in activities, speech and physical therapies
- Offers an alternative to anti-depressant, anti-anxiety and anti-psychotic medications – a non-pharm intervention
- Offers a distraction - medical treatments such as dialysis and chemo therapy, Parkinson's, Brain Injury, MS, Stroke Victims
- Reduces agitation and Alzheimer's related "Sundowning"



New research indicates that the medial prefrontal cortex may serve as a hub where music, memory and emotions meet. It is also one of the last brain regions to atrophy in Alzheimer's patients.



Medial prefrontal cortex



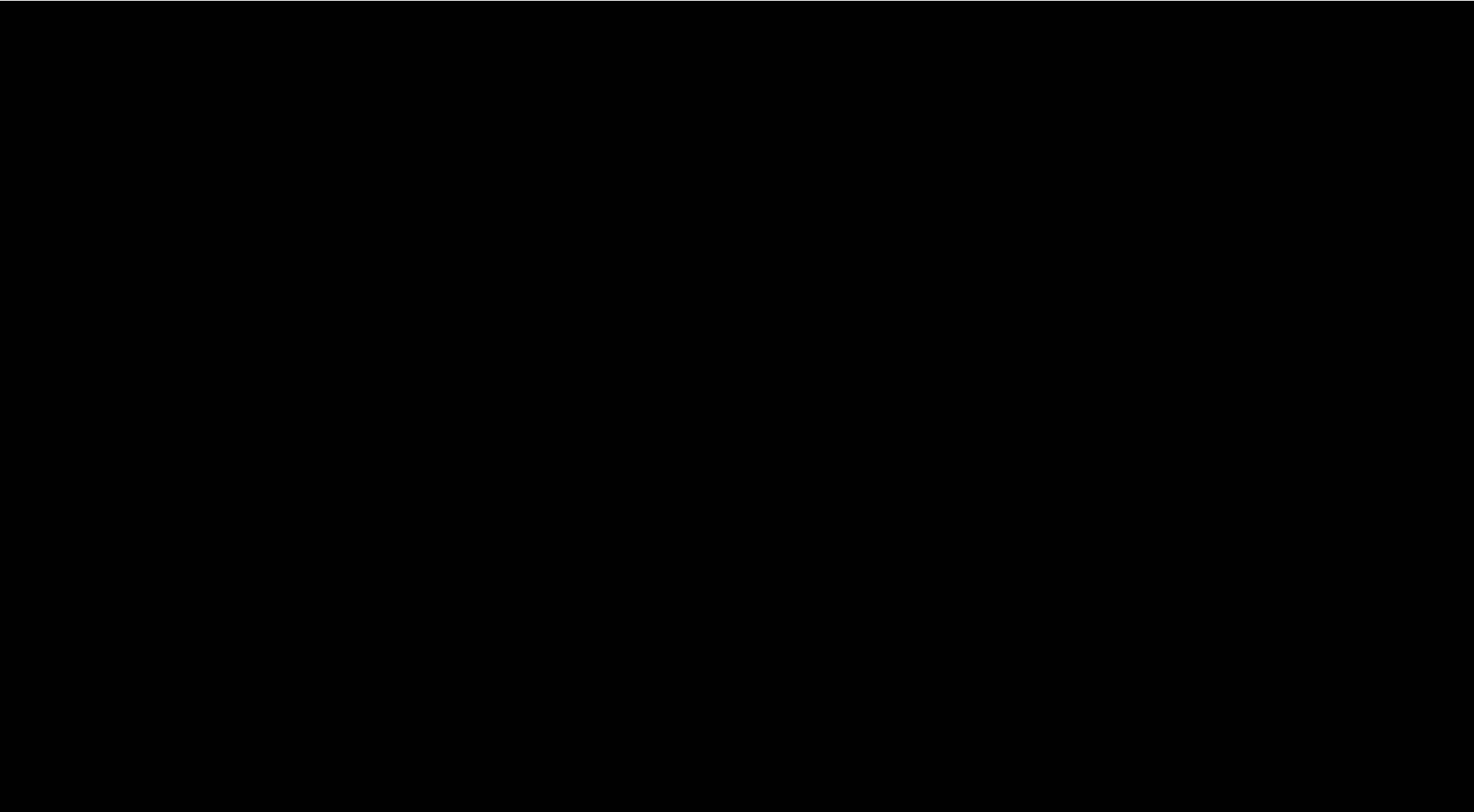
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What is the CAHF Music &
Memory project?



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- Funded by the California Department of Public Health
- Designed to advance the campaign to improve dementia care in California skilled nursing facilities (SNFs)
- Provides residents with personal music through the use of the MUSIC & MEMORYSM program





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Ending in June 2018, this project will have impacted the lives of at least **4,500 residents in 300 skilled nursing facilities**

Phase 3 – 100 SNFs; duration of participation will be up to 12 months from June 2017 through June 2018



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Partnering with the UC Davis Betty Irene School of Nursing to collect:

- Resident-level data: Minimum Data Set Reports
- Most recent Facility-Level Quality Measures Reports
- Implementation Surveys
- Telephone Interviews





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All California SNFs are eligible. Exceptions to eligibility include:

- Long term care hospitals
- Facilities providing care primarily for individuals with Intellectual Disability



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CAHF membership is NOT a requirement





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Participating facilities agree to complete all of the following requirements:

- Implement and maintain the MUSIC & MEMORYSM program. This implementation will include an individualized assessment and care plan for the use of an iPod shuffle with a personalized music playlist as part of the care and treatment routine for each participating resident.
- Provide a minimum of five employees to complete MUSIC & MEMORYSM certification training and implement the program consistently.
- Submit information for the research component.
- Agree to replace any equipment provided through the project should it become damaged or lost.



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Participating facilities, at no cost, will receive:

- Certification for a minimum of five employees through training webinars and support provided by MUSIC & MEMORYSM for one year
- 15 iPod shuffles, headphones, AC adapters (chargers), two splitters, one hand held speaker, one lap top computer, and a \$75 iTunes gift card
- A Quality Assurance Performance Improvement Guide to enhance the implementation of the MUSIC & MEMORYSM program. Approximately half of the participating SNFs will receive the UCD-QAPI tool at the start of participation in this project; the other half will receive a publically-available QAPI at a Glance resource at the beginning of the project and the UCD-QAPI tool following the completion of Phase Two.



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- Reduction in antipsychotics and other meds
- Increase staff and family satisfaction
- Surveyors focus on dementia care policies and practices
- Public image opportunities
- CAHF project gives you equipment, training, and a “ready-made” Quality Assurance and Performance Improvement (QAPI) project



“The Music & Memory program is **highly successful** – we are trying to grow it because other residents want to join in.”

- Emily Fairclough, Activities Director, Providence Del Rosa Villa

“The program is **fantastic** – we have had so many **positive results** with residents.”

- John Henning, Administrator, Country Oaks Care Center

“The Vienna staff has seen results that are nothing short of **awe inspiring**. We've experienced non-vocal residents who speak and sing, and other residents who are generally quiet and reserved, smile and break into song and dance.”

- Vienna Nursing & Rehabilitation Center

NOW ACCEPTING APPLICATIONS!



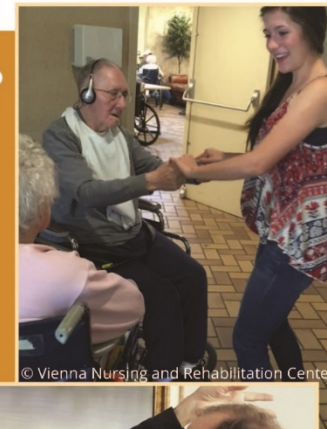
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Seeking ways to improve resident quality of life?
Want to see residents happier and more social?
Want to help reduce depression and anxiety?

The California Association of Health Facilities (CAHF) is accepting applications for the CAHF Music & Memory project, funded by the California Department of Public Health. It is designed to advance the Campaign to Improve Dementia Care in California skilled nursing facilities (SNFs). The project provides residents with personal music through the use of the MUSIC & MEMORYSM program. There will be a research component embedded in the project. Participating nursing homes will receive:

- MUSIC & MEMORYSM certification training for one year
- Fifteen iPod shuffles
- Laptop computer

For informational brochure and application:
cahf.org/AboutCAHF/MusicMemory



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For more information, contact Amanda Davidson at adavidson@cahf.org or Jocelyn Montgomery at jmontgomery@cahf.org



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To access the Participation Agreement and
Research Information Summary and Informational
Brochure: cahf.org

“Thank you for giving my mom piano music.
It’s so nice to see she enjoys it.”



“I very much like the music. It makes me happy.
Elvis and the Beach Boys makes me happy.”

Questions?



Thank You!

Amanda Davidson

CAHF Music & Memory Program Coordinator

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