



California Association
of Health Facilities

Improving Dementia Care through the CAHF Music & Memory Project

The California Association of Health Facilities (CAHF) is happy to announce that applications are now being accepted for participation in the CAHF Music & Memory Project. This project is funded by the California Department of Public Health (CDPH) Licensing and Certification Program and is designed to help advance the campaign to improve dementia care in California skilled nursing facilities (SNFs) through the use of the MUSIC & MEMORYSM program; a system for providing personalized music for residents. This exciting but simple approach has shown immense potential to improve the quality of life for people living with dementia.

What is MUSIC & MEMORYSM?

In 2008, a program was started by Dan Cohen to bring individualized music to residents of long-term care homes via iPods. His idea was simple - if he ever ended up in a nursing home, he wanted to be able to listen to his favorite 60s music. His goal was to assist residents in accessing their favorite music in an easy, compact, and inexpensive way. Since that time, the MUSIC & MEMORYSM program has exploded into an exemplary way for those suffering from dementia, mental illness, or boredom to enjoy a happier, more fulfilling day-to-day life with music of their choice. This program is now being used in Europe, Canada, and elsewhere across the globe.

What is the “CAHF Improving Dementia Care through the Music & Memory Project”?

CAHF, founded in 1950 as non-profit trade association for SNFs and intermediate – care facilities for people with intellectual disabilities, has always strived to lead quality improvement efforts in California, and has successfully completed several grant-funded programs that benefitted long term care providers and residents. The CAHF Music & Memory Project is a three-year program funded through the federal Civil Monetary Penalty fund administered through the CDPH. The project will impact the lives of at least 4,500 SNF residents in 300 nursing homes through the following deliverables:

- To disseminate the MUSIC & MEMORYSM program to 4,500 residents in 300 California SNFs and develop a strategy for further spread and sustainment of the program through local community engagement.
- To study and document the effects of MUSIC & MEMORYSM on reducing the antipsychotic medication for people with dementia in the participating facilities.
- To develop an evidenced-based Quality Assurance Performance Improvement guide (QAPI) to enhance the implementation and sustainability of MUSIC & MEMORYSM program.

Please note: This project is being conducted in partnership with the Betty Irene Moore School of Nursing University of California, at Davis (UCD), and a research component carried out by UCD is embedded in the project (refer to the attached *Research Information Summary*). The project is divided into three phases beginning in August 2015 and concluding in June 2018: 50 SNFs will be enrolled in Phase 1, 150 SNFs in Phase 2, and 100 SNFs in Phase 3.

Who is eligible to participate in the CAHF Music & Memory Project?

Most licensed and Medicare/Medicaid certified skilled nursing facilities in California are eligible to participate in this project (see exceptions below). Skilled nursing facilities with primary focus on short stay or have fewer than 15 total residents or have fewer than 8 residents with a diagnosis of dementia will be reviewed on a case by case basis for eligibility. CAHF membership is not a requirement.

To enroll, eligible SNFs must complete all four of the following requirements for participation:

1. Attend an orientation webinar convened by CAHF and UCD to provide general information and answer questions about the project, participation, and the research component. **AND**
2. Submit the CAHF MUSIC & MEMORY Participation Agreement to CAHF and the UCD Research Information Summary, completed in full and signed by an authorized representative of the SNF. **AND**
3. Submit the Enrollment Survey to UCD, with all required fields completed. **AND**
4. Submit most recent Facility Quality Measures Report to UCD, with all requested information.

Exceptions to Eligibility: The following types of nursing facilities are not eligible:

1. Long term care hospitals
2. Facilities providing care primarily for individuals with Intellectual Disability.

What will Participating SNFs receive?

Once enrolled into the CAHF Music & Memory Project, participating centers will receive:

- Certification for staff through the training webinars and support provided by MUSIC & MEMORYSM for one year.
- 15 iPod Shuffles, headphones and AC adapters. One hand held speaker, two splitters, one lap top computer, and \$75 iTunes gift card.

As part of the research component of this project, UCD is developing and testing a quality assurance/performance improvement (QAPI) tool to support SNFs' implementation of MUSIC & MEMORYSM. Approximately half of the participating SNFs will receive the UCD-QAPI tool at the start of participation in this project and may receive periodic updates; the other half will receive the UCD-QAPI tool at the end of their second phase of participation or at the end of the project (if still actively enrolled at end of the project), whichever is sooner.

What will be required of participating SNFS?

- A commitment to 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 training and implement the program consistently, including: one representative from each of the categories listed below. Two of these representatives must be designated as project leads.
 - (1) executive leadership (i.e., Licensed Nursing Home Administrator or other organization-level executive with decision-making authority)
 - (2) nursing leadership (i.e., the Director of Nursing or their designee, Director of Staff Development)
 - (3) activities department (i.e., Activities Director)
 - (4) CNAs
 - (5) One other staff of choice

SNFs must submit information for the research component of this project (refer to *Research Information Summary*). If at any point, a decision is made to stop participation in the research component, or if the SNF fails to comply with participation requirements for three consecutive months, the SNF will be dropped from the project and required to return the equipment.

- The SNF agrees to replace any equipment provided through the MUSIC & MEMORYSM program grant should it become damaged or lost. Agrees to reassign the equipment to a new resident should the original person no longer reside in the facility. This includes developing a personalized playlist for the new resident.
 - The duration of this commitment will range from 12 to 30 months, depending on time of enrollment in the project (Phase 1, 2, or 3). Authorized representatives from participating SNF organizations submit data (thru surveys and interviews) throughout the duration of organization-level participation: If a NH organization enrolls in Phase 1, the duration of participation will be up to 30 months. **In order to participate, a NH will need to complete pre-certification orientation, enrollment survey, and training for five staff members within 60 days of acceptance into the program.*
- If a NH organization enrolls in Phase 2, the duration of participation will be up to 24 months.
- If a NH organization enrolls in Phase 3, the duration of participation will be up to 12 months.

How do interested SNFs apply?

Applications and other requirements for enrollment are available on the CAHF website at www.cahf.org

For more information please contact Amanda Davidson, CAHF Music and Memory Program Coordinator at (916) 432-5209, adavidson@cahf.org.

For more information about the research component of this project please contact the UC Davis research team by phone (916-734-7319) or email (hs-musicmemresearch@ucdavis.edu).