



## Top Tips for Tricky Times: Using music to provide comfort and reassurance for care home residents living with dementia



1) **Connecting:** When it is difficult to communicate (e.g. because of masks) for people with dementia music can support social interaction and connection. Check hearing aids are working!



2) **Listening** to music with someone else (e.g. a member of care staff) may help people with dementia to feel connected.



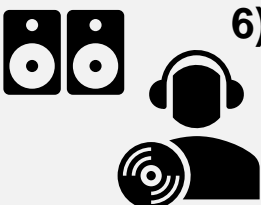
3) **Tailoring:** Tailor music to the preferences of the individual resident. A family member may be able to help by putting together a playlist. Do not assume music important to them.



4) **Familiarity:** Choose music the resident is familiar with. They may prefer music that was popular from when they were in their late teens and twenties. It may connect them with memories from the past.



5) **Response:** How are residents responding. For example, are they smiling, tapping their toes, do they seem calm? Not everyone will respond well to music. Residents may like it at particular times of the day and on different days.



6) **Resources:** To provide individual music therapy requires each resident having their own equipment and some staff support. If you find it helps it is worth asking for extra resources for this.