

the Evidence behind using Music Therapy with Seniors in Care

6.3 Billion Dollars Could Be Saved by Adding More Music Programs in Health Care

Gene Cohen, Arts and Health. Volume 1, Issue 1, March 2009

A multi state, 2 year study in the US has been published in the Journal Arts and Health in February monitored medication usage of two groups- one group that resided in long term care and one group that resided in long term care AND participated in a regular group music program 3 times per week.

The participants in the music program 3 times per week reported a higher overall rating off physical health, fewer doctors visits, less medication used, and fewer instances of falls compared to the control group.

The author of the study suggests that if all persons who fall under what is classified as Medicare D (national health coverage for those aged 65 and older in the US) participated in the music program with similar results as in the study - then the savings would equal 6.3 billion dollars.

Long-term care workers find stress relief in Music; Landmark Study could save industry 1.46 Billion

American Music Conference 2007

The Recreational Music Making (RMM) program drastically reduced employee burnout and turnover. The study revealed that the program decreased total mood disturbance by 46%. This improvement could result in an 18.3 percent reduction in employee turnover, which would save the average 100-bed facility more than \$89,000 a year—and the entire long-term care industry as much as \$1.46 billion annually. In the U.S. the employee turnover rate is typically 40-60% annually.

Listening to music can reduce chronic pain by up to 21 per cent and depression by up to 25 per cent.

Sandra L Siedlecki, Cleveland Clinic Foundation, Ohio, and Marion Good, Case Western University, Ohio. Journal of Advanced Nursing. Volume 54.5, pages 553 to 562.

It can also make people feel more in control of their pain and less disabled by their condition. Researchers carried out a controlled clinical trial with sixty people, dividing them into two music groups and a control group. They found that people who listened to music for an hour every day for a week reported improved physical and psychological symptoms compared to the control group. The participants, who had an average age of 50, were recruited from pain and chiropractic clinics in Ohio, USA. They had been suffering from a range of painful conditions, including osteoarthritis, disc problems and rheumatoid arthritis, for an average of six and a half years Effect of music on power, pain, depression and disability.

Music therapy provides opportunities for:

- Memory recall which contributes to reminiscence and satisfaction with life
- Positive changes in mood and emotional states
- Sense of control over life through successful experiences
- Awareness of self and environment which accompanies increased attention to music
- Anxiety and stress reduction for older adult and caregiver
- Nonpharmacological management of pain and discomfort
- Stimulation which provokes interest even when no other approach is effective
- Structure which promotes rhythmic and continuous movement or vocal fluency as an adjunct to physical rehabilitation
- Emotional intimacy when spouses and families share creative music experiences
- Social interaction with caregivers and families

Seniors Making Beautiful Music

Caitlin McGuire 2009

The Music Making and Wellness Project is an American study that looked at the benefits of senior's participating in music programs. They found that stress, depression and loneliness were greatly decreased in the individuals involved with the program and 90% showed an increase in the human growth hormone, which is something that typically decreases with age. It's the companionship and support network that is deemed to be the reason for the improvement.

Music Therapy Helps Seniors Cope with Challenges of Daily Living

Older American Report 2004

A resident at the Adult Day Care of Northern Shenandoah Valley in Winchester, Va. Was having difficulty walking as his motor functions were deteriorating and he would find his muscles freezing up. They started a program where a staff member would walk behind him beating on a drum to create a rhythm that he could follow as he would walk around the facility. This simple and inexpensive act significantly improved his ability to be mobile.

Study Finds Music Therapy Boosts Melatonin Levels.

American Music Conference 2007

A Study led by Frederick Tims at Michigan State University showed that Alzheimer's patients who underwent 4 weeks of music therapy (drums, instruments and sing alongs) showed increased levels of melatonin, which helps with sleep regulation and the immune system. This natural therapy could replace melatonin supplements such as sleeping pills and immune boosters which would save the health system a great deal of money.

Group Drumming Boosts Cancer-Killer Cells in Study

American music conference 2007

A study led by Barry Bittman found that one group drumming method increased Lymphokine-Activated Killer (LAK) which signaled a strengthening of the body's immune system. The advantage of drumming is that it's inexpensive, portable and not time consuming. It also enriches in other areas such as sociability, learning and mood improvement.

Name that tune! Music Therapy Now Entering Home Care Market

Private Duty Homecare 1999

Music therapy tries to synchronize the internal beats with external rhythms by using musical frequencies to and vibrations to slow down body rhythms. The creates a number of physiological reactions such as lowering blood pressure, decreasing the levels of certain hormones in the body and forcing the brain to use both the left and right side simultaneously; all of which can promote healing. Music has also been found to block pain using musical acupuncture where patients visualize musical notes hitting the body at the spot where the pain is coming from. Music has strong emotional effects and can help people repair or reminisce relationships. The problem is that Music Therapy is not standard in pricing across North America and is not universally covered. Only 20-25% is typically covered. State clearly what will be accomplished in what number of sessions and present the benefits continuously. Get the word out.