

PROJECT HARMONY

Presenters: Lindsay Girouard – Director of Health and Wellness
Shannon Gaulke – Director of Health and Wellness
Janice Hebb – Resident Services Manager



Project Harmony

Inspiration for an idea – “Alive Inside”

Research shows that musical memory is one of the last memories to leave us. “These musical favorites tap deep memories not lost to dementia and can bring people with dementia back to life, enabling them to feel like themselves again, to converse, socialize and stay present (musicandmemory.org)”.

Project Harmony was born!



Project Goals

- To create personalized music playlists for residents with dementia
- To use music; to connect with memories, reduce anxiety and create quality of life
- To engage residents who were not participating in regular activities



Project Goals Continued...

- To use the iPods when residents experience agitation, as a means to calm and re-direct the resident
- To educate the next generation about dementia and dementia care
- To use an intergenerational component to reduce fears about aging and stigma about dementia
- To build community



Next Steps

- Fundraising – working on a budget
Who and How?
- Media – What was our message to the public
- Filming – Why did we think it was important to capture the project on film?



The Process

- Step 1: Selecting the Residents
- Step 2: Family Participation
- Step 3: Providing Dementia Education to the Students
- Step 4: Buddying Up
- Step 5: Student Questionnaires
- Step 6: Conversations and Interviews



The Process Continued...

- Step 7: The Final Session
- Step 8: Downloading the Music
- Step 9: Presenting the Residents with the iPods
- Step 10: Observation Process
- Step 11: The Celebration Party
- Step 12: Implementation



Statistics

- Total of 19 participants at the beginning of the project, September 2016
- Three withdrew
- Three people passed away
- Two went to Personal Care Home
- One went to hospital and declined after return from hospital
- At the end of the reporting period, September to March – 10 participants remained



Observations

Observations by the Companions:

- He smiled when I put on the music
- She dances down the hallway
- Resident was agitated, when the music started she calmed down and enjoyed the rest of the evening
- Enjoyed the music so much she took off her headset and shared the music with another resident
- She was humming, singing to the music



Comments from the Residents

- “The music is good”
- “Thank you sweetie”
- “This makes my day”
- “Thank you, I like it”
- “I was looking forward to this”
- One resident wrote a little note thanking us for the music



Why Residents Declined

- Watching the news
- On a phone call with family
- Taking a nap
- Would rather read the newspaper or a book
- Not feeling well
- Going out with a family member



Case Study – Catherine



Questions....

