

music project

Ensuring Success with Residents: A Guide for Staff

What it is an iPod?

A one-inch clip-on device attached to headphones that play an individual's favorite music.



Control pad



How it works -

Activity staff (and volunteers) work with residents (and sometimes family, friends or staff) to learn an individual's favorite music. (see **Intake** package)

Why music?

We have all experienced how music can help improve our own mood. There is a great deal of research demonstrating that music can reduce the agitation of dementia, lessen anxiety, reduce pain, lower blood pressure, help with sleep, and increase cooperation.

Will this make my job easier?

- ✓ If a resident's chair alarm is not going off as frequently.
- ✓ If a resident is in a better mood.
- ✓ If a resident's pain is somewhat reduced.
- ✓ If a resident is more cooperative with activities of daily living.
- ✓ If a resident is absorbed in the music not attempting to wander.

All these outcomes should make your job easier.

Who is responsible for the iPod and headphones?

It will depend on the resident. Sometimes the resident will be able to operate and take care of the iPod by themselves; sometimes it will need to be stored and only brought out at certain times for resident use. Storage of iPods and headphones will be in _____, in which the _____ have access to. _____ will make sure the iPods are re-charged, help is always needed with re-charging them if you notice the battery is low or it is not working.

What do I need to do?

Certain residents will need assistance:

- ✓ putting on and taking off headphones
- ✓ turning on and off the music
- ✓ recharging the iPod battery

How are the shuffles powered?

There is a small rechargeable battery in the unit that provides up to 12 hours of playing time. A full charge takes 4 hours. A 2-hour charge will provide an 80% charge. Units will not overcharge if they remain plugged in.

How many songs does the iPod hold?

The iPod shuffle can hold up to 300+ songs. Typically, a resident will start with 100-150 songs, or 8-10 artists. iPods will arrive pre-loaded from the Alzheimer Society Toronto.

How do I explain the iPod to a resident?

- ✓ Describe name, iPod shuffle
- ✓ It holds more than 300 songs, your family/friend has chosen music you like
- ✓ Headphones are adjustable --- Show positioning, and how to plug these in.
- ✓ It has a clip on the back

What are the biggest challenges to residents with using the iPod?

Some may have difficulty putting the headphones on as well as turning the unit on and off.

The biggest complaint is that “It is broken.” Almost always the problem is one of two things;

1. The battery is dead and the unit needs to be recharged
2. The volume has been turned all the way down. Hold the “volume up” button for two or three seconds to get the volume back to normal.

What should we watch out for?

- ✓ Occasionally the music will result in increased agitation. If that happens, stop the music immediately and inform the _____ so that they can reassess the resident’s personal music preference to determine the cause for the resident’s negative response.
- ✓ Water! Please be careful with the iPod around liquids.

What happens to the iPod when an individual leaves our facility?

The iPod and related equipment was provided by the Alzheimer Society Toronto to the **resident**. It is considered resident property, and will follow the resident wherever he/she may go. Should a resident pass away, iPods are to be donated back to the Alzheimer Society Toronto.

What happens if the iPod is lost or broken?

Lost iPods will be replaced at the discretion of the Alzheimer Society Toronto a **maximum of once per resident**. Broken iPods must be returned and will be replaced as often as necessary. All requests must be forwarded through your on-staff Project lead.

For further information and downloadable forms, visit

www.musicproject.ca