



# Frequently Asked Questions



**Q *What is the Music Project?***

The Music Project aims to provide people in the Toronto area with personalized music to enhance their lives.

**Q *How does it work?***

We create personalized playlists for our clients and loan the iPods to them to enjoy. Instructions and suggestions for use can be [found here](#).

**Q *What kind of research supports that music can help people living with Alzheimer's disease or other dementias?***

Research suggests that favourite music or songs associated with personal events can trigger memory of lyrics and the experience connected to the music. This music can calm chaotic brain activity and enables the listener to focus on the present moment and regain connection to others. This form of music therapy has been well-studied and documented by distinguished researchers, Dr. Connie Tomaino and Dr. Oliver Sacks.

**Q *What do you hope to accomplish by providing iPods to people living with dementia?***

Studies have shown that listening to music can help reduce pain by more than 20 per cent. Listening to music often results in decreases in agitation, anxiety, sleeplessness and depression. Overall, it aims to help people with dementia live better.

**Q *Does this always work?***

Personalized music does not always generate results, but it does work most of the time. The great thing is it never hurts to try.

**Q *What does it cost to participate?***

There is no cost to participate in this project.

**Q *Is there a time limit with the iPods?***

No. Should the recipient no longer need or want the iPod, we ask that they are returned to the issuing Society.

**Q *What is the turnaround time for iPod receipt from time of application?***

Typically 4 to 6 weeks. This may increase or decrease with demand.





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**Q *Are you able to provide language and culturally specific music?***

Yes! We purchase the music from iTunes- an online music database with the ability to accommodate these requests.

**Q *Does the Alzheimer Society load the music?***

Yes! Unless otherwise indicated, we will load the music requested at time of application- specific to the individual's requests

**Q *What level of participation is required from the individual with dementia?***

There are virtually no requirements from the iPod recipient. Dependent upon their ability to communicate preferences at the time of application- all registration and follow-up can be completed with a family member or health-care professional. Where possible, it is best to allow the iPod recipient to provide feedback for selection of their music.

**Q *How do I select the music?***

Many family members and friends of the recipient are aware of general preferences. As noted previously, it is always best to involve the iPod recipient in the selection process. Life experiences and age can influence music preferences. Other methods might include playing test music, and gauging the individual's responses. Please [see here](#) for a list of popular artists and selections. Additional choices can be indicated upon the final application.

**Q *How many songs are on the iPod?***

On average, a completed iPod will have 150 to 200 songs, this equates to an average of 8 to 10 artists. The iPod can hold approximately 300 songs.

**Q *How do I find a program in my area?***

Unfortunately, not all Alzheimer Society local offices offer the Music Project at this time. Please visit [www.musicproject.ca](http://www.musicproject.ca) or find your local chapter by visiting [www.alzheimer.ca](http://www.alzheimer.ca)

