

## Facility Referral Starter Package

“Music evokes emotion and emotion can bring its memory”

-Dr. Oliver Sacks, neurologist

Congratulations on choosing to incorporate the Music for Memory Project into your facility/ residence.

The Project was inspired by the Music and Memory ([www.musicandmemory.org](http://www.musicandmemory.org)) initiative, and in 2013, Alzheimer Society Toronto launched our very own project, providing personalized music on iPods, to persons with dementia in Toronto. This Project is available **free** of charge to eligible participants:

Canadian researchers sum up the Project’s benefits;

- Those who have been silent or less communicative may become socially active, decreasing isolation
- Those who have been sad and depressed may feel happier
- Those who have been less mobile may become more physically active

We found that care professionals like you make some of our most powerful and effective advocates. And we have learned from experience that those you care for, as well as your colleagues, will reap significant benefits. The experience for many facilities has been transformative. The social environment is calmer and more congenial, families are happy to find their loved ones more engaged, and care professionals like you are able to spend more quality time with each individual.

## The Power of the iPod

As we all know from hearing that song associated with a first love or first dance, music is profoundly linked to personal memories. In fact, our brains are hard-wired to connect music with long-term memory.

Even for persons with severe dementia, music can tap deep emotional recall. For individuals with Alzheimer’s or other dementias, more recent memory is compromised, but memories from our teenage years can be well-preserved.

Favourite music or songs associated with important personal events can trigger memory of lyrics and the experience connected to the music. Beloved music often calms chaotic brain activity and enables the listener to focus on the present moment and regain a connection to others.

## Does the stage of disease matter?

No, in fact, one research project studied people with Alzheimer's and found that their memory for music was not affected by the disease. In the early stage, many people enjoy playing music or singing, in the middle stage, when behaviours can sometimes be challenging, music is an often-effective way to distract someone, and has shown to prove beneficial to mood and sleep patterns. In the later stage, music is often used as a way to connect with a loved one and evoke a response, familiar music may be able to calm someone who's restless or uncomfortable, and some with severe Alzheimer's may mouth the words of a familiar song upon hearing it, visibly relaxing and resting in the midst of music.

## How Do I Get My Facility Involved?

### What type of health-care providers qualify?

All types! Day programs, CCAC coordinators, LTC, Seniors Residences, Hospitals, etc.

### Eligibility:

1. The iPod recipient requires a diagnosis of dementia.
2. Toronto residency (referring facility OR familial caregiver)
3. The referring facility must engage a family member in the application process & obtain signed consent.
4. Referring facility assumes responsibility for pick-up or delivery charges of iPods\*

**\*\*Requests of 10+ qualify for free delivery\*\***

It is suggested that you first identify a **staff lead**, who will be responsible for submitting all applications and will communicate solely with the iPod Project Coordinator on behalf of your organization.

### Your role as the referring facility is to;

- Identify all possible eligible participants within your facility
- Coordinate/inform/ designate applicable staff \*\*
- Work with a family member/POA to complete the [Intake](#) package(s)
- Submit [Intakes](#) to Project Coordinator
- Distribute received iPods, communicate any additional needs to Coordinator

**\*\*Often, staff leads have questions surrounding storage, charging and suggested use of the iPods, a [Music & Memory certification Program](#) is available, for a fee- but is not required to obtain iPods from the Alzheimer Society Toronto. \*\***



## Music for Memory Project

### Facility Application

To apply for this free Project, please thoroughly read and complete below, submit this form **once** only for your facility;

#### FACILITY/STAFF CONTACT:

<b>Facility Name:</b>		<b>Facility Type:</b>	
<b>Supervising Staff Name:</b>		<b>Phone:</b>	
<b>Email:</b>		<b>Fax:</b>	
<b>Address:</b>			
<b>City:</b>	<b>Province:</b>	<b>Postal:</b>	<b>Country:</b>

I agree that:

- All intended recipients have a diagnosis of dementia.
- The facility/person(s) with dementia live within Toronto (M postal code).
- I (or \_\_\_\_\_ (other staff member) will lead the Project, and will be willing to provide assistance with the operation/use of iPods.
- I am responsible for the storage, charging and use of the iPods.
- I will include the recipient's family members in the application process.
- I will complete one full Intake Package per applicant.
- The issued iPod will be used for the intended recipient only.
- I will return the iPod to the Society in the event of the recipient's death or self-discharge
- I am responsible for arranging the iPod pick-up as well as all associated pick-up costs, for iPod referrals under 10

## Pick-up or Delivery Arrangements

- I will arrange a staff member to personally retrieve completed iPods, at your office: 20 Eglinton Ave West, 16<sup>th</sup> Floor, Toronto M4R 1K8

**Office Hours:**

Mon-Wed 9-6 pm

Thursday 9-8 pm

Friday 9-5 pm

- I will arrange a courier, please contact me when completed
- I authorize Alzheimer Society Toronto to arrange a courier on my behalf:

Courier Company : \_\_\_\_\_

Phone Number : \_\_\_\_\_

Account No. : \_\_\_\_\_

- I understand this information will be solely used for the delivery of iPod referrals under 10 to my facility. By providing this information, I have or have been granted permission to authorize its use by the Alzheimer Society of Toronto

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Please visit [http://www.alzheimertoronto.org/ipod\\_healthcare.html](http://www.alzheimertoronto.org/ipod_healthcare.html) for additional information and downloadable forms.

**Questions?**

Contact Sabrina McCurbin, Music for Memory Project Manager at 416-640-6305 or [smccurbin@alzheimertoronto.org](mailto:smccurbin@alzheimertoronto.org)