



Frequently Asked Questions



Q *What is the Alzheimer Society Music Project?*

The Alzheimer Society Music Project aims provides people living with dementia with personalized music to enhance their lives.

Q *How does it work?*

We create personalized playlists for our clients on mp3 players and loan the music players to our clients for as long as they want.

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 busy 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 the distinguished researchers, Dr. Connie Tomaino and Dr. Oliver Sacks.

Q *What do you hope to accomplish by providing mp3 players 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 program.

Q *Is there a time limit with the music players?*

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

Q *What is the turnaround time from the 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 music from iTunes—an online music database with the ability to accommodate these requests. Music Project staff and volunteers may also be able to process music requests written in certain languages. Contact us to find out what languages we can help you in.

Q *Does the Alzheimer Society load the music?*

Yes! Unless an applicant indicates they want to load their own music at home, we load the music requested at time of application.

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

There are virtually no requirements from the music recipient. All registration and follow-up can be completed with a family member, friend, or healthcare professional. However, where possible, it is best to involve the music recipient to provide feedback for their music selection.

Q *How do I select the music?*

Many family members and friends of the music recipient are aware of general preferences. As noted previously, it is always best to involve the 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 in the application.

Q *How many songs can be loaded onto the music player?*

While the music player has a capacity to hold several hundred songs, we recommend more focused playlists and typically load 150 to 200 songs, which equates to 15-20 artists on average. At the time of application, we request that applicants select up to a maximum of 25 artists (we will load the most popular songs by those artists). Applicants can also list up to 25 specific songs, in addition to 25 artists.

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

Not all Alzheimer Society local offices offer the Music Project at this time. Please visit www.musicproject.ca to see a list of participating chapters, or find your local chapter by visiting www.alzheimer.ca.

