

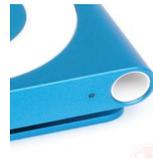


USING YOUR IPOD

Alzheimer Society
musicproject

Tips for care partners using personalized music in dementia care .

Welcome to the Alzheimer Society Music Project! This handout will help provide some instructions for use, and suggestions that may enhance your experience with the iPod.



Using your headphones

When using your headphones, plug them in to the hole depicted. Make sure you hear a click when you plug them in!



Charging your iPod

You were provided a charger (cable) with a wall plug. Connect the cable with the plug, then, connect the charger in the hole as depicted, until it clicks! Plug the charger to the wall.

The light on the iPod will turn from red to green when charging is complete.

Why Music Works in Dementia Care

Familiar music is used as a trigger in dementia care. Triggers spark memories, and memories spark emotions.

- Music supports & stimulates memory
- Individualized music helps to restructure identity and preserve sense of self.
- Music contributes to quality of life by enhancing socialization.

What's Included?

- | | |
|--|--|
| <input checked="" type="checkbox"/> iPod - charging cable is in the box! | <input checked="" type="checkbox"/> 1 Headset |
| <input checked="" type="checkbox"/> Wall Charger | <input checked="" type="checkbox"/> Gift Card (if selected at time of application) |

Basic Functions



Playing Music

The white circle around your play button is your control panel for skipping songs and volume control. Not liking a song? Simply hit the right side of the button to skip forward, or

hit the left to replay a song. Use the top and bottom buttons to control your volume.

I.D.E.A.s for Introducing the iPod

Introduce the iPod, that it holds their favourite music.

Describe how it works (case dependent), how to change the songs and adjust the volume. Position headphones, and adjust where needed.

Evaluate and monitor while music is used. Notice responses such as facial expression, body posture, eye contact, sounds or words, agitation, breathing/movement.

Ask & Acknowledge - if you observe an emotional response, ask questions such as "I see you are crying, how is the music making you feel?" Acknowledge the emotion and validate. "It is ok to cry - does this song bring back memories?"

If you have any questions/concerns about responses, please contact a counsellor at 416-322-6560



musicproject.ca

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Control pad



FAQs

My iPod is unresponsive?

It could be that your iPod has not been turned on correctly, or you have not fully charged it. Check the power button, or plug it into a charger until you hear the click or see the light on the iPod turn on.

My iPod won't charge?

Try plugging your iPod directly into a computer, if the iPod is still unresponsive contact us to request a new iPod

I can't hear any music?

Your iPod is probably on low volume, locate the plus symbol (+) on your control pad, press this button until you hear music. Also make sure you have pressed the play button in the centre.

Do I need to use the headphones provided?

No. While headphones are a suitable option when blocking out environmental noises, or preventing others from disruption - they may also create a communication barrier. You may choose to purchase speakers or a docking station for the iPod, to encourage shared listening experiences.

For an under-pillow option for music listening, please visit pillow-phonix.com/affiliates/ipodproject. This may be a suitable device for individuals to listen to their music while in bed and without extra cords.



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