Evidence Review

The Arts in Care Homes for Older People

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ARTS COUNCIL ENGLAND

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1. Summary

This review of evidence pertaining to creative and cultural activities for older people in care homes was commissioned by Arts Council England in February 2026 and completed within six weeks. It takes account of relevant peer-reviewed research, project evaluations and policy developments.

A search for peer-reviewed research yielded an initial longlist of 325 English-language studies. The majority of studies had been conducted since 2003, with a sharp incline after 2012. Almost half of the studies were led by research teams in the United Kingdom. This initial longlist was sifted for relevance to produce a shorter list of 145 studies. Rather than being savagely edited in accordance with methodological convention, the full shortlist was retained for potential interest and is included as an appendix to this report.

This process identified 16 previous evidence reviews – one looking broadly at the impact of multiple creative approaches on the health, wellbeing and quality of life of older people in residential care; the others examining particular health conditions or outcome measures. Across these previous reviews, a wide range of benefits was reported including: reductions in anxiety, depression and the symptoms of dementia-related psychosis; uplifts in wellbeing, quality of life and general mood within individuals and the wider home environment; and the generation of significant social value and potential savings on health, care and medication costs.

Beyond the 16 previous reviews, the remaining 129 studies were analysed with regard to:

- Art form
- Whether the activities studied were primarily participatory or receptive
- Who the target group for activities was (residents/artists/families/staff)
- Whether activities were offered to people with particular health conditions
- Which outcome measures were reported

The majority of studies (61.2%) were centred on music, with much less attention paid to other art forms. A total of 87 studies (67.4%) covered participatory activities and 27 (20.9%) receptive ones. When it came to target groups, the majority – 96 studies (74.4%) – were centred on care home residents rather than staff or those delivering activities.

The few studies focusing on care staff found that arts activities generated a better understanding between staff and residents, increased skills and confidence and led to a higher quality of care.

Identified barriers to embedding arts activities included staffing levels and workload and a lack of support or motivation. Enablers included knowledge of residents, information, learning opportunities, resources and support, with care home managers being pivotal to uptake within stable, well-functioning teams offering clear communication.

Out of the 129 individual studies, 77 (59.7%) explicitly involved people with dementia, with two further studies targeting people experiencing, or at risk of experiencing, cognitive decline. This is hardly surprising given that an estimated 70% of care home residents have dementia or severe memory problems. The most common combination of art form and condition investigated in previous studies was music and dementia.

The greatest diversity among studies was observed in relation to outcome measures. These ranged from agitation, aggression and the use of anti-psychotic medication to anxiety, depression and stress; from cognitive function, communication and social interaction to wellbeing and quality of life; and from the attitudes, perceptions and beliefs of caregivers to the enjoyment and engagement of residents.

Evaluations of national-scale projects centred on the arts in care homes echoed the findings of peer-reviewed research. Residents took delight in the activities on offer and showed significant improvements in their wellbeing, often becoming calmer and more sociable. As well as gaining skills and confidence, care staff and artist practitioners experienced a shift in their attitudes to residents. Participating care homes experienced a strengthening of social connections between residents and staff. Evaluations also reported some of the same challenges as academic studies, particularly staff shortages, turnover and workload.

Policy on the arts in care homes lags behind evidence and practice. There is very little recognition by the UK government of the value of the arts to care home residents and staff. Yet the arts are vital to improving health and wellbeing, and care homes are pivotal venues for increasing access to high-quality creative and cultural work. Embedding the arts across residential and nursing care is consistent with the Department for Culture, Media and Sport's plans for cultural equity and with Arts Council England's direction following the Hodge review. This report identifies two further potential areas of policy through which the arts could be integrated in care homes – the Casey Commission on Adult Social Care and the English Devolution and Community Empowerment Bill.

Considering gaps in the evidence base, this report urges continued orientation of research to the National Institute for Health and Care Excellence (NICE) guidance on dementia, with a focus on cognitive stimulation and reducing agitation or aggression; research into the role of the arts on delaying admission into residential and nursing care; work on the relationship between arts engagement and depression and anxiety in care staff; and more robust evidence pertaining to dance and falls prevention in care homes.

Greater clarity is needed on the specific properties of the arts that yield benefits. Likewise, the sector would benefit from understanding how the quality of work determines impact and how this quality can be maintained when not delivered by professional artists.

This report places emphasis on increasing – and monitoring – access to high-quality, culturally appropriate creative and cultural opportunities within care settings. This will require a cultural ecology that is upskilled and supported to deliver these opportunities.

2. Introduction

Since the turn of the millennium there has been increased interest in the impact of arts engagement on older people. This has generated a groundswell of practice and research.

Between 2010 and 2019, the Baring Foundation prioritised creative ageing within its arts funding. This gave rise to a wealth of creative and cultural projects within care homes and enabled some national-level collaborations, such as Celebrating Age, in partnership with Arts Council England.

While the arts are generally regarded as having benefits for care home residents and staff, the evidence base has not previously been brought together in one place.

In order to advocate for the systemic inclusion of arts activities within residential and nursing care, it is essential to have robust evidence that will be persuasive to policy-makers and care leaders. In order to continue strengthening the evidence base, it is necessary to identify gaps in the knowledge. Rebecca Blackman (Director, Engagement and Communities) and Sarah Harrison (Senior Manager, Engagement and Communities) at Arts Council England initiated this review to meet both of these objectives.

In mid-February 2026, Dr Rebecca Gordon-Nesbitt was commissioned to undertake this review of the evidence base, taking account of peer-reviewed research, project evaluations and policy developments. She conducted desk-based work over six weeks to produce this report.

This work benefited greatly from the input of sector colleagues, and the project team is grateful to everyone who sent or identified relevant project evaluations.

3. Method

This evidence review is centred on desk-based analysis of a) academic and b) grey literature, including evaluations and policy documents.

a) A rapid review of peer-reviewed literature was undertaken to identify research examining the impact of creative and cultural activities in care homes for older people.

A rapid review is a streamlined version of a systematic review, designed to synthesise evidence swiftly while maintaining a rigorous, transparent process for replicability.

An initial search of the Scopus database of academic literature was undertaken using the following criteria:

All articles much contain the phrase 'care home' and either 'art' (but not 'state of the art') or 'creative' or 'creativity' or 'music' or 'dance' or 'theatre' or 'drama' or 'craft' or 'museum' or 'concert'. 'Literature' was excluded from the list of search terms because virtually every academic article makes reference to previous literature on the subject being explored. However, some research on writing and shared reading was captured.

The focus was on English-language studies, but this did not preclude international research. Scope was retained for the consideration of care home residents, staff and families as well as delayed admission and barriers to participation.

This method generated a long longlist of 325 research articles. This was shortened by excluding articles that exclusively covered children and young people; explored the impact of COVID-19, over and above any arts-based work; referred to arts-based or creative methodologies rather than practice; offered feasibility studies or protocols for future research; posited theoretical explanations for, or advocacy of, research findings; involved the arts as a peripheral component (e.g. Namaste practice); or was centred on implementation or the development of products, training resources or assessment tools.

This initial longlist included 16 previously conducted reviews (discussed in Findings), which captured evidence pertinent to older people in care homes with regard to the arts.

There will, inevitably, be some crossover, with later reviews picking up studies covered in earlier reviews. While it is beyond the scope of this rapid review to sift all the studies mentioned in previous reviews, care has been taken to draw out novel analyses in the consideration that follows.

The most broadly relevant of the previous reviews was: Curtis A, Gibson L, O'Brien M, Roe B. Systematic review of the impact of arts for health activities on health, wellbeing and quality of life of older people living in care homes. *Dementia*. 2018;17(6):645-669. This was consulted for relevant studies that were added to the longlist.

As Curtis et al. included research up to the end of 2016, the scientific PubMed database was then searched for articles from January 2017 onwards. The same search terms were used as above for text falling within the article's title or abstract. This yielded a smaller sample of previous research as follows.

Primary Search Term	Secondary Search Term	Number of Articles	Novel/Relevant
care home	art	11	2
care home	creativ*	22	2
care home	music	47	1
care home	dance	4	0
care home	theatre	4	0
care home	drama	1	0
care home	craft	0	0
care home	museum	1	0
care home	concert	0	0

This validated the Scopus search by turning up very few novel/relevant studies. Among these, a systematic review, published on 24 February 2026 (after the Scopus review was conducted), was centred on randomised controlled trials that gauged the effectiveness of group-based art interventions for late-life depression, including in care home settings. This is discussed in greater detail below.

The Cochrane Central Register of Controlled Trials was then searched for relevant reviews. This yielded the following reviews and trials.

Primary Search Term	Secondary Search Term	Number of Reviews/Trials	Novel/Relevant
care home	art	1	0
care home	creativ*		
care home	music	2	0
care home	dance	2	1
care home	theatre	3	0
care home	drama	2	0
care home	craft	0	0
care home	museum	0	0
care home	concert	0	0

And finally, the longlist was cross-checked with two recent publications:

1) The National Centre for Creative Health's *Creative Health Research Round-Up 2025*, which contained two articles covering the arts in care homes that had already been identified in the Scopus search (Group arts interventions for depression and anxiety among older adults: a systematic review and meta-analysis and (not) lovely: Enacting

solidarity in dementia care through participatory Arts); and 2) Daisy Fancourt's book *Art Cure*, which turned up one additional study, Effects of Music on Bathing Cooperation for Residents with Dementia.

From these combined sources, a list, comprising 144 studies, was shared with Rebecca Blackman and Sara Harrison.

In a conventional systematic review, the next step would involve copious deletion of studies that did not meet certain standards of rigour – owing to small sample sizes, the absence of a control group, the lack of valid measures and so on. Given the wealth of evidence uncovered and its potential value to the sector, a decision was taken to: include the full shortlist as an appendix to this report; analyse the 16 previous reviews more closely; and offer general commentary on the remaining articles. The latter task involved tagging studies by:

- Art form
- Whether the activities studied were primarily participatory or receptive
- Who the target group for activities was (residents/artists/families/staff)
- Whether activities were offered to people with particular health conditions
- Which outcome measures were reported

b) An analysis of grey literature, including reports and project evaluations produced by funders and arts organisations as well as policy documents.

   In seeking project reports and evaluations, colleagues working with the arts in care homes were consulted. A call for relevant material was made on LinkedIn and yielded high-quality reports/evaluations of projects – from Celebrating Age (Arts Council England/Baring Foundation), cARTrefu (Arts Council of Wales) and the National Arts in Care Homes Day (National Activity Providers Association) to Magic Me's Artists' Residencies in Care Homes and Live Music Now's Live Music in Care. Individual messages were also sent to three leading organisations working in the field of creative ageing.

   Arts Council England made a call via the steering group of the Creative Ageing Peer Learning Programme, which yielded two research digests from the Centre for Cultural Value. These reports were *Older People's Physical Health* and *Older People – Culture, Community, Connection*. Both explicitly excluded care homes from consideration.

   A wider search of the CultureHive website for evaluations connecting art and care homes brought up five reports. The reports were individually searched for 'care home' and found wanting.

As with the academic literature, heed was paid to care home residents, staff and families as well as barriers to participation. Parallel consideration was given to delivery challenges and to learning arising from featured projects.

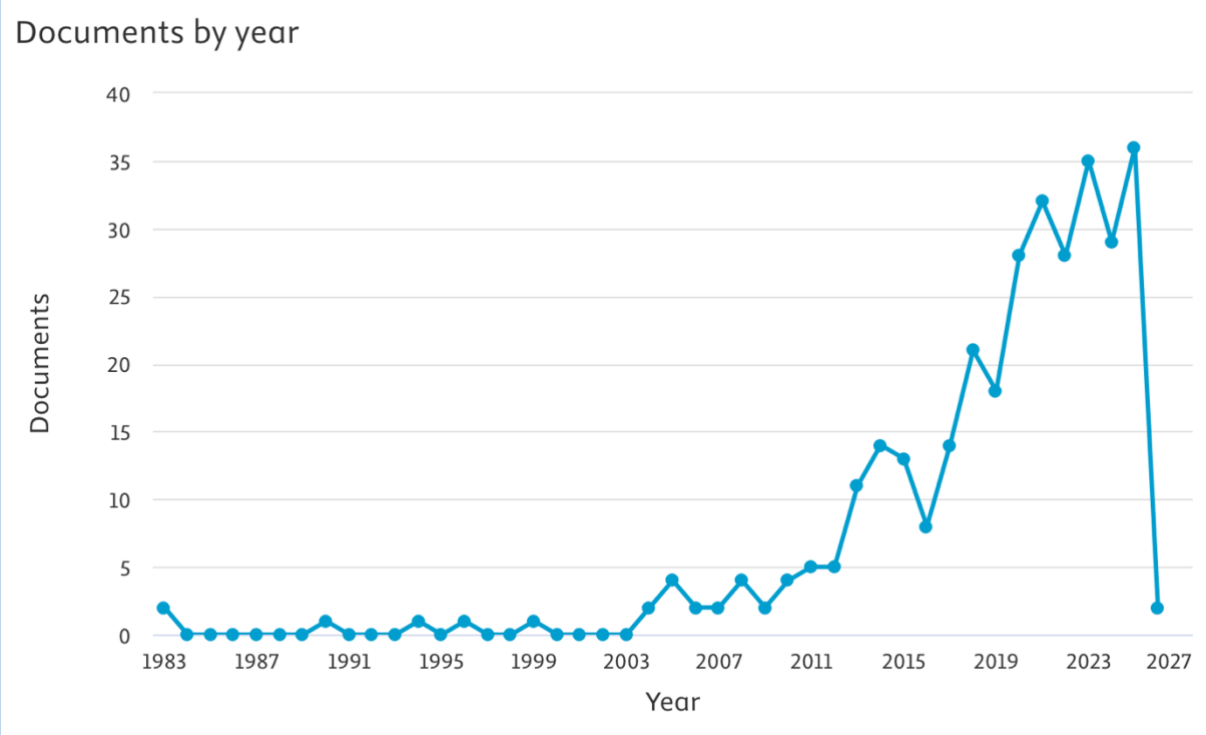
In seeking relevant policy documents, University College London (UCL)'s tool Mapping Global Arts and Health Policy was analysed for suitable content. As the map permits geographically specific searches, this was undertaken for the UK. As the website is not searchable by topic, this involved a hand search of documents, unearthed from alternative sources where links were broken.

This dual method yielded a comprehensive picture of the evidence of arts and creativity in care homes. It revealed some key themes and exposed gaps in the knowledge that prompt further research.

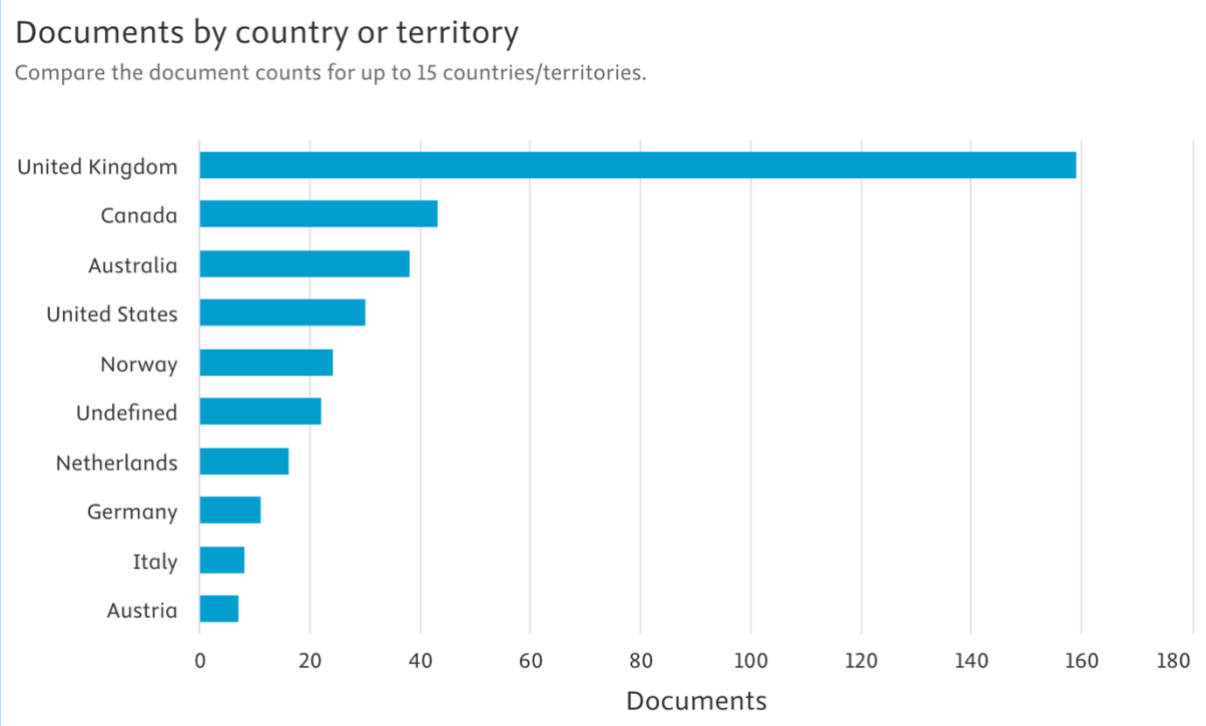
4. Findings

a) Rapid Review of Evidence

The initial Scopus search, yielding 325 research articles for consideration, showed that the majority had been published since 2003, rising since 2012:



The majority of studies in the longlist came from the United Kingdom:



In chronological order, the 16 previous reviews touching on the arts in care homes, uncovered during the rapid evidence review, were:

Author(s)	**Article Title**	**Year**	***Journal***
Conn, D.K.; Seitz, D.P.	Advances in the treatment of psychiatric disorders in long-term care homes	2010	*Current Opinion in Psychiatry*
Vink A. C., Bruinsma M. S., Scholten R. J. P. M.	Music therapy for people with dementia. Cochrane database and systematic reviews	2011	*Cochrane Library*
Lawrence, V.; Fossey, J.; Ballard, C.; Moniz-Cook, E.; Murray, J.	Improving quality of life for people with dementia in care homes: Making psychosocial interventions work	2012	*British Journal of Psychiatry*
Guzmán-García, A.; Hughes, J.C.; James, I.A.; Rochester, L.	Dancing as a psychosocial intervention in care homes: A systematic review of the literature	2013	*International Journal of Geriatric Psychiatry*
Livingston, G.; Kelly, L.; Lewis-Holmes, E.; Baio, G.; Morris, S.; Patel, N.; Omar, R.Z.; Katona, C.; Cooper, C.	Non-pharmacological interventions for agitation in dementia: Systematic review of randomised controlled trials	2014a	*British Journal of Psychiatry*
Livingston, G.; Kelly, L.; Lewis-Holmes, E.; Baio, G.; Morris, S.; Patel, N.; Omar, R.Z.; Katona, C.; Cooper, C.	A systematic review of the clinical effectiveness and cost-effectiveness of sensory, psychological and behavioural interventions for managing agitation in older adults with dementia	2014b	*Health Technology Assessment*
Craig, J.	Music therapy to reduce agitation in dementia	2014	*Nursing Times*
Whear, R.; Abbott, R.; Thompson-Coon, J.; Bethel, A.; Rogers, M.; Hemsley, A.; Stahl-Timmins, W.; Stein, K.	Effectiveness of Mealtime Interventions on Behavior Symptoms of People With Dementia Living in Care Homes: A Systematic Review	2014	*Journal of the American Medical Directors Association*
Cohen-Mansfield, J.	Non-pharmacological interventions for agitation in dementia: Various strategies demonstrate effectiveness for care home residents; further research in home settings is needed	2016	*Evidence-Based Nursing*
Curtis, A.; Gibson, L.; O'Brien, M.; Roe, B.	Systematic review of the impact of arts for health activities on health, wellbeing and quality of life of older people living in care homes	2018	*Dementia*
Woods, B.; O'Philbin, L.; Farrell, E.M.; Spector, A.E.; Orrell, M.	Reminiscence therapy for dementia	2018	*Cochrane Database of Systematic Reviews*
Waters, B.; Sousa, L.; Orrell, M.; McDermott, O.	Analysing the use of music to facilitate social interaction in care home residents with dementia: Narrative synthesis systematic review	2022	*Dementia*
Burnand, A.; Rookes, T.; Mahmood, F.; Davies, N.; Walters, K.; Orleans-Foli, S.; Sajid, M.; Vickerstaff, V.; Frost, R.	Non-Pharmacological Interventions in the Management of Dementia-Related Psychosis: A Systematic Review and Meta-Analysis	2024	*International Journal of Geriatric Psychiatry*
Quinn, E.A.; Millard, E.; Jones, J.M.	Group arts interventions for depression and anxiety among older adults: a systematic review and meta-analysis	2025	*Nature Mental Health*
Azhdarloo M, Ataei R, Alamdarloo SMM, Mirzakhani A, Nazari A.	Effectiveness of group-based art interventions for late-life depression: a systematic review and meta-analysis of randomized controlled trials	2026	*BMC Med*
Huang, Y.; Wong, K.L.Y.; Cheung, D.S.K.; Yeo, M.S.; Kim, S.J.; Sue, M.; Hung, L.	Use of headphones for the delivery of music programs for people with dementia in long-term care homes: a scoping review	2026	*Frontiers in Dementia*

As mentioned above, the most broadly relevant of these was: Curtis et al., Systematic review of the impact of arts for health activities on health, wellbeing and quality of life of older people living in care homes. *Dementia*. 2018;17(6):645-669. As its title suggests, this review encompassed previous empirical studies examining the impact of the arts on health, wellbeing and quality of life for older people (60+) in care homes. Art forms reviewed were described as performing arts, creative arts, visual arts and/or recreational activities, either via active participation or passive reception.

From a total of 1,091 possible studies reviewed by Curtis et al., 71 were deemed sufficiently robust for detailed consideration. These used qualitative, quantitative and mixed methods with either a control group or consideration of test results before and after the given arts activity. Included studies had been undertaken between 1983 and 2016, with the majority from 2000 onwards. A third were conducted in the US, with 10% each in the UK, Australia and Taiwan.

Sifting Curtis et al. for evidence of positive impacts yielded studies on dementia-related agitation (Garland et al., 2007; Goddaer & Abraham, 1994; Hicks-Moore, 2007; Ho et al., 2011; Ledger et al., 2007; Lin et al, 2011; Sung et al., 2006) and verbal disruption (Ziv et al., 2007). The reviewers also found several studies in which arts engagement was shown to decrease depression (Doric-Henry, et al., 1997; Guetin et al., 2009; Koike et al., 2012; Liu et al., 2014; Mohammadi, 2011; Ragneskog, 1996a; Vankova et al., 2014) and anxiety (Guetin et al., 2009; Mohammadi, 2011; Svansdottir & Snaedal, 2006) in care home residents. Several studies suggested improvements in general mood measures, including in comparison with a control group (Hammar et al., 2010; Lord & Garner, 1993; Sole et al., 2014; Suzuki, 1998). Quantitative benefits to wellbeing and quality of life were also tentatively reported (Bennett & Mass, 1998; Chang et al., 2013; Hagen et al., 2003; Phillips et al., 2010; Subramaniam et al., 2014).

One study of music therapy and dementia (Ridder et al., 2013) reported an increase in anti-psychotic medication in the control group as compared to the arts group. Studies also showed that music led care staff to spend more time with residents during mealtimes, with residents enjoying larger portions of food (Ragneskog et al., 1996a, 1996b). Staff reported better communication with residents (Gotell et al., 2007; Hammar et al., 2010; Roe et al., 2016), more cooperative provision of care (Gotell et al., 2007; Hammar et al., 2010; Houser & George, 2014) and a better atmosphere (Houser & George, 2014).

When it came to cognition, studies showed improvements over time for older people taking part in music activities (Hong & Choi, 2011; Smith, 1986), as compared to a control group (Hong & Choi, 2011), with improvements in cognitive assessment (Hagen et al., 2003) and memory scores (Subramaniam et al., 2014). Alert responses were seen to have increased through taking part in music or drama activities (Clair, 1996); unpleasant memories decreased through music reminiscence (Suzuki, 1998), and word recall and problem solving was enhanced through drama (Noice & Noice, 2006).

Turning to other previous reviews, Canadian researchers Conn and Seitz (2010) touched lightly on the use of preferred, calming music or music therapy as alternatives to the pharmacological management of behavioural symptoms associated with dementia. However, the authors did not stratify studies according to type of intervention, making it impossible to analyse the effect of music separately from other alternatives. Generally, the authors noted the importance of tailoring non-pharmacological interventions to individual preferences, and they concluded that 'more trials are needed to confirm the findings and that future research should use more rigorous methods'.

A Cochrane review (Vink et al., 2011) surveyed music therapy – including music, singing and dance – for older people with dementia living in care homes and in the community. Despite previous study authors reporting moderate effects of music therapy on 'reducing behavioural problems, stimulating language skills and enhancing social/emotional functioning', the Dutch review team concluded that the size of studies and methodological limitations prevented conclusions from being drawn.

Lawrence et al. (2012) investigated the impact of psychosocial interventions for people with dementia in care homes. The team, led at King's College London, found studies suggesting that music and memory boxes helped connections to develop; that music and dance therapies enabled the expression of emotions while improving communication and cooperation; and that singing during caregiving strengthened non-verbal interactions between residents and staff. Such interventions also enabled staff to see the person beyond the condition and informed their responses to behaviours previously found challenging, aided by drama and role-play. In examining the enablers for successful integration, the team found that knowledge of residents was the paramount factor, alongside flexibility to tailor interventions for best fit. One of the main barriers was the demand on staff time as compared to the perceived benefits of the intervention.

Placing a particular focus on dance, Guzmán-García et al. (2013) found a total of 10 studies that met their inclusion criteria, variously considering dance therapy, therapeutic dance, social dancing and dance-based exercise. The reviewers found 'evidence that problematic behaviours decreased' through dance and that 'social interaction and enjoyment in both residents and care staff improved'. They concluded, however, that evidence of the efficacy of dancing was limited, in part due to methodological challenges.

Five reviews by three individuals/teams focused on the outcome measure of agitation in people with dementia. Livingston et al. (2014a) assessed 30 randomised controlled trials (RCTs) – widely regarded as the 'gold standard' of scientific evidence – and concluded that music therapies decreased overall agitation. This was observed during the intervention but not at follow-up, suggesting a need for enduring approaches. In an analysis that took account of two health economic studies, the same team (2014b) found music therapy to be the cheapest way of reducing agitation scores (just £4 per unit reduction, compared to £24 to £143 for sensory interventions and £162 to £3,480 for daily living activities). This was set against an increase of £8,000 in health and social care costs for residents experiencing severe agitation.

At Nottingham University Hospitals Trust, staff nurse Craig (2014) replicated these findings, suggesting that the 'best results involved using familiar music and a qualified group music therapist' and recommending that 'Music therapy should be implemented by qualified music therapists in care homes'. Commenting on Livingston 2014a, Cohen-Mansfield (2016) pointed to the limitations of RCTs and advised that 'we need to develop and test algorithms that match interventions to unmet needs, personal abilities and preference, and the environment'.

Looking specifically at agitation at mealtimes, Whear et al. (2014) reviewed evidence of potentially beneficial interventions. Out of seven studies reporting positive effects (conducted between 1994 and 2010), the team found that 'Four studies suggest cumulative or lingering effects of music on agitated and aggressive behaviors'. Valid results appeared across three music types – relaxing, 1920s/30s and pop – and were most pronounced for relaxing music.

Curtis et al. excluded reminiscence studies unless they involved a significant creative component. A 2018 systematic review of reminiscence therapy for dementia (Woods et al.) found slight benefits to quality of life, communication, mood and cognitive measures (higher when using the Mini-Mental State Examination), slightly increased by the quality of the therapy and more pronounced in care homes than community settings.

In 2022, Waters et al. carried out a review of music interventions for care home residents with dementia, with a focus on the outcome measure of social interaction. Largely concentrating on participatory activities while also including personalised music listening, the review found 23 robust studies reporting an 'increase in residents' sociable verbal and non-verbal communication and a decrease in unsociable communication'. While music was not positive for all residents – with one participant feeling 'she was being buried alive when certain songs were played' – studies reported increased engagement with the present, alertness, fluency, coherence and comprehension as well as humour, laughter and a better connection between residents and staff.

In 2024, Burnand et al. reviewed literature pertaining to non-pharmacological interventions in dementia-related psychosis. Only one study explored the use of music therapy in a nursing home, which was offered to 30 residents alongside a control group of the same size. This was an RCT conducted by an Italian team (Raglio et al, 2010), which found that music therapy reduced behavioural disturbances such as delusions, agitation and apathy. This study was added to the list, taking the total to 145 (see Appendix).

In 2025, Quinn et al. published a review of controlled studies exploring the impact of arts activities on depression and anxiety in older people *without* dementia. This found that 'engaging in group arts interventions significantly reduced depression and anxiety symptoms relative to engaging in other non-arts based activities, one's usual activities only or remaining on a waiting list for arts interventions'. The team took account of, inter alia, the type and 'dose' of arts intervention and the setting in which it was administered, including care homes. While there were no differences in results according to arts type, a

stronger positive effect on depression and anxiety was found for participants in care homes, possibly due to a lower baseline or higher 'dose'.

In February 2026, Azhdarloo et al. published a systematic review of RCTs gauging the effectiveness of group-based arts interventions for later-life depression, including in care home settings. The team found, and analysed, the following RCTs in care home settings, stratified according to art form and whether the activity was participatory or receptive:

Study (Year)	Country of Study	No Participants	Avg. Age (yrs)	% Female Intervention	Intervention Art Type(s)	Engagement Type	Control Group Type	Length (weeks, sessions, mins/session)	Depression Measures	Main Findings
Matto (2015)	USA	19	NR	45	Music, imagery, and movement	Active (Participatory)	Active	10 weeks, sessions NR, 50-60 mins	GDS-SF	Significantly lower depression scores in intervention group vs control ($F=4.534$, $p<.05$). At 6-week follow-up, scores regressed but intervention group showed less regression.
Kim & Kang (2021)	South Korea	40	81.6	78	Music and movement	Active (Participatory)	Active	12 weeks, 24 sessions, 50 mins/session	GDS-SF	Significantly lower depression ($F = 9.52$, $p < .001$) in intervention group vs. control.
Mohammadi (2011)	Iran	19	69.47	47	Music	Active (Participatory)	NR	10 weeks, 10 sessions, 90 mins	DASS-21	Significant decrease in depression ($U=0.50$, $p<.001$) in intervention vs control.
Liu (2013)	China	50	NR	NR	Music	Passive (Receptive)	NR	8 weeks, 8 sessions, 60–120 mins	HAM-D	Significant reduction in depression postintervention and at 8-week follow-up ($p<.05$).
Yu (2022)	Taiwan	63	79.68	71	Music	Passive (Receptive)	Usual activities	10 weeks, 20 sessions, 30 mins	GDS-SF	Significant group x time effect (Wald $\chi^2(1) = -0.78$, $p<.0001$); depression ↓ in intervention group
Vankova (2014)	Czech Republic	162	83.11	92	Dance	Active (Participatory)	Usual activities	12 weeks, 12 sessions, 60 mins	GDS	Significant within-group decrease in depression in intervention group ($p=.005$) vs control ($p=.081$); GLM test Wilks lambda $F=10.97$, $p=.001$.
Ahessy (2016)	Ireland	36	83.5	86	Music	Active (Participatory)	Usual activities	12 weeks, 12 sessions, 60 mins/session	Cornell Scale for Depression in Dementia	Significant reduction in depression in intervention group compared to control ($p =$

										.003)
Chang (2021)	China	109	76.29	100	Dance	Active (Participatory)	Usual activities	18 weeks, 54 sessions, NR mins/session	GDS	Significant Group × Time effect. Lower depression scores in intervention group (B = .416, p < .001).
Roswiyani (2020)	Indonesia	267	73.82	69	Visual art	Active (Participatory)	Usual activities	8 weeks, 16 sessions, 90 mins	BDI	Significantly lower depression in intervention groups compared to control (F(3,263)=3.523, p=.016; 95% CI -3.20 to -1.19).
Gök Ugur (2017)	Turkey	64	76.8	34	Music	Passive (Receptive)	Usual activities	8 weeks, 24 sessions, 50 mins/session	GDS-SF	Significant reduction in depression in intervention group (t = 2.861, p = .006).
Xue (2023)	China	80	75.43	78	Music	Passive (Receptive)	Usual activities	8 weeks, 32 sessions, duration NR	GDS-SF	Post-intervention depression significantly lower in intervention group (95%CI=−3.28 to −1.79, p<.001).

Depression Measures: GDS = Geriatric Depression Scale; GDS-SF = Short Form; HAM-D = Hamilton Depression Rating Scale; BDI = Beck Depression Inventory; DASS-21 = Depression Anxiety Stress Scales; PHQ-8 = Patient Health Questionnaire-8.

The review team concluded that 'Art-based interventions effectively reduce depression in older adults and can serve as valuable complements to mental health strategies for aging populations. However, due to heterogeneous study designs and variable quality, additional high-quality trials are needed to confirm these benefits and optimize intervention delivery'.

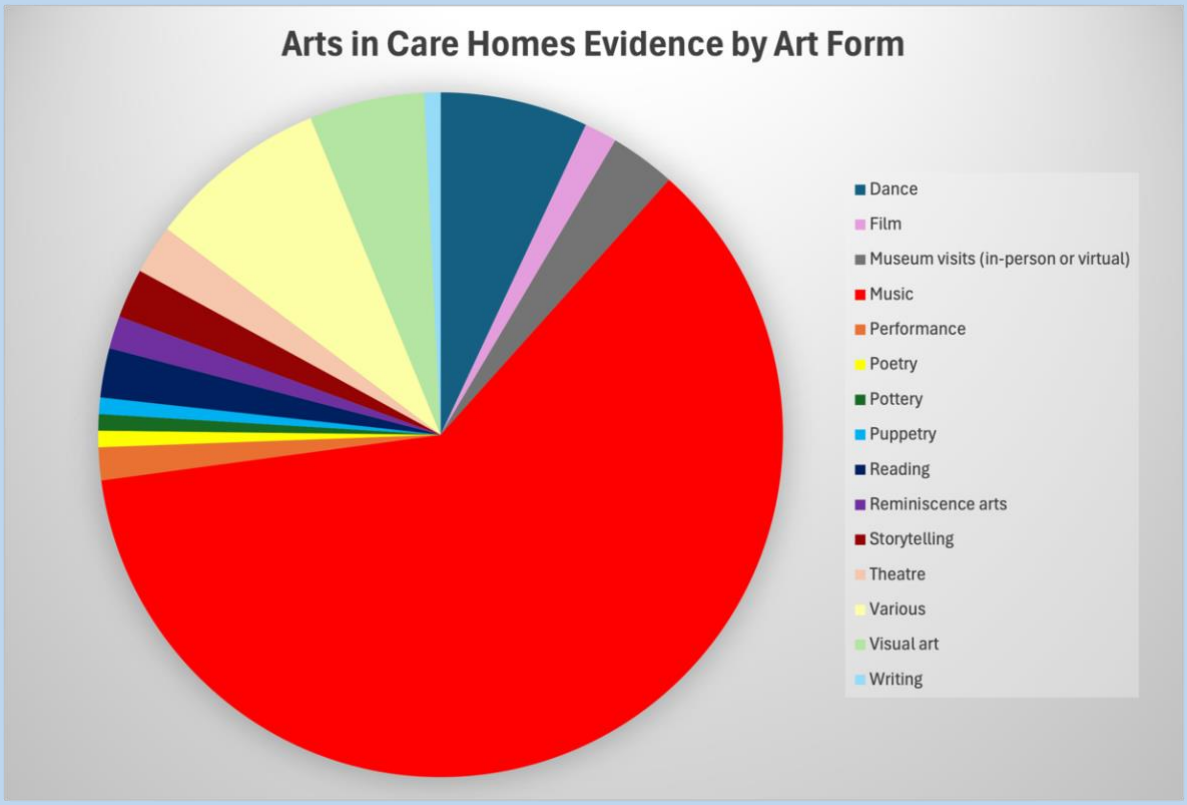
A final review that was identified in the evidence search was Huang et al. (2026) exploring the specifics of music being delivered via headphones in a care home setting. Considering 21 studies, the authors found that music delivered via headphones offered the potential to relieve pain; reduce behavioural and psychological symptoms, including delirium and hyperactive behaviour; and improve sleep quality. While headphones facilitate the enjoyment of personalised music, they may not be suitable for all residents. The most significant factor influencing implementation was found to be staff training and cooperation.

Turning to the 129 studies beyond the 16 reviews detailed above, the majority (61.2%) considered music, encompassing participatory music therapy or therapeutic music, songwriting and singing as well as receptive listening to music.

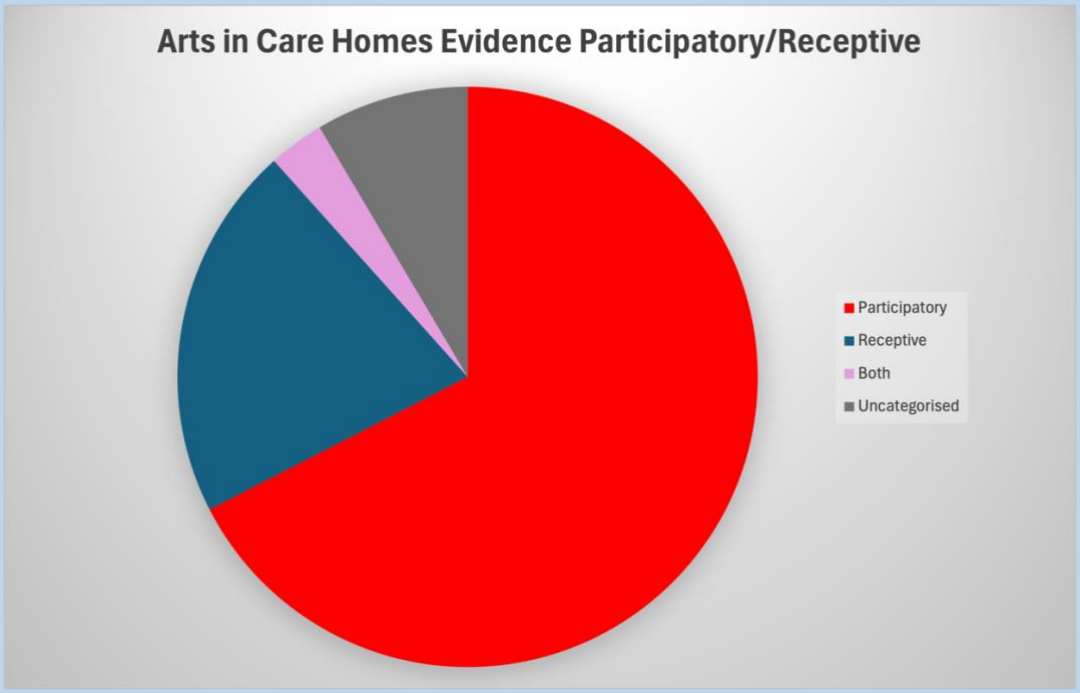
The main artforms mentioned in the studies are represented in the table below.

ARTFORM	NUMBER OF ARTICLES
Dance	9
Film	2
Museum visits (in-person or virtual)	4
Music	79
Performance	2
Poetry	1
Pottery	1
Puppetry	1
Reading	3
Reminiscence arts	2
Storytelling	3
Theatre	3
Various	11
Visual art	7
Writing	1
TOTAL	129

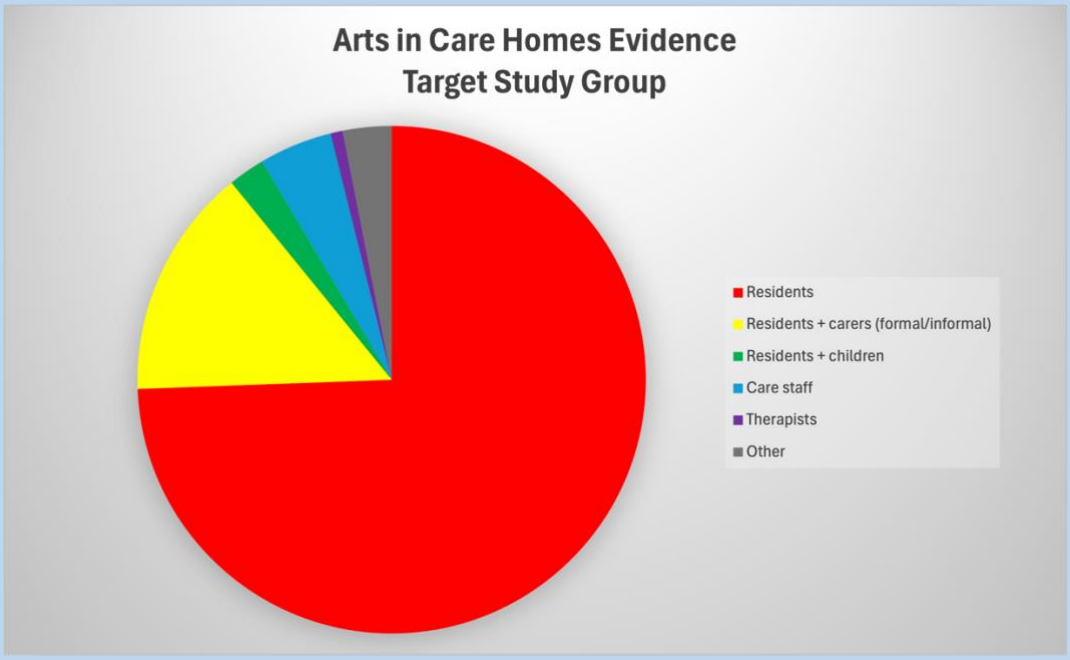
This can be visualised as follows:



Where it was possible to deduce whether a study was centred on participatory or receptive activities, 87 (67.4%) were participatory and 27 (20.9%) were receptive. Four studies contained elements of both approaches.



When it came to the objects of scrutiny, the majority – 96 studies (74.4%) – were centred on care home residents. A further 19 examined residents in combination with formal or informal carers including care home staff and family members. Three intergenerational studies looked at care home residents' interactions with school children (two explicitly primary age). Occasionally, studies took account of the artists, arts therapists and facilitators working on projects. Six were focused on care staff and one on therapists.



Of the six studies centred on care staff, one (Melhuish et al., 2017) established that music therapy and dance movement therapy helped staff to discover residents' skills and feelings; improved their connection to residents enabled staff to learn from therapists; and changed their approach to care provision. In a similar way, Windle et al. (2018) established that a range of creative activities (including poetry, film- and art-making) facilitated learning, enhanced creative approaches to care and aided professional reflexion. The intervention helped to overcome the 'task-focused' nature of care work – which served as a barrier to communication – and to enable meaningful creative interactions via increased staff skill and confidence.

Two of the studies involving staff sought to canvass their perspectives on the barriers to delivering high-quality music therapy to enhance care. Kenny et al. (2025) identified staffing levels and staff time as central themes, with a need for information, learning opportunities, resources and support as enablers and the behavioural and psychological symptoms of dementia as a barrier. Rasing et al. (2025) found that barriers included staff turnover, workload and lack of support or motivation. These barriers could be overcome by individuals 'who proactively facilitate and stimulate implementation, as well as the presence of stable, well-functioning teams, clear communication, and adhering to project plans'. In this effort, the involvement of care home managers and other stakeholders, as well as the commitment of care staff, was pivotal.

Out of the 129 individual studies, 77 (59.7%) explicitly involved people with dementia, with two further studies targeted people experiencing, or at risk of experiencing, cognitive decline. Some dementia studies examined behavioural and psychological symptoms – such as agitation, social isolation or reliance on anti-psychotic medication – alongside consideration of the impact of the arts as a form of non-pharmacological intervention. Other dementia studies explored such outcome measures as wellbeing, quality of life, personhood, communication, relationships or quality of care. One study exploring music as an element of delayed admission to care homes for people with dementia experiencing neuropsychiatric symptoms did not produce convincing results, and the authors outlined a need for future refinements.

Taken together, the majority of studies combined music with cognitive decline or dementia. Such is the volume of evidence in this aspect of the arts in care homes that funders like the Utley Foundation have a strand dedicated to music for dementia. This has seen £7m invested and a further £3.5m leveraged to support therapeutic music and music therapy for people with dementia in care settings including MHA Homes.

In 2021, the Cambridge Institute for Music Therapy Research at Anglia Ruskin University was awarded a Queen's Anniversary Prize for research advancing understanding of the impact of music therapy on health and wellbeing, particularly in people with dementia and their families. In May 2022, the Institute partnered with Anchor Care Homes to launch Music 4 the Mind, seeking to 'improve outcomes for residents living with dementia through the transformative power of music'.

As evinced in the analysis of previous reviews above, other named conditions experienced by older people in the studies included mild to moderate mental health problems (anxiety, depression, stress) and more severe mental health conditions (psychosis). The majority of these conditions are captured in the previous reviews analysed above, including various behaviours attributed to dementia-related psychosis. A single study offering weekly music listening over eight weeks to 25 residents in a Chinese nursing home, compared to a control group of the same size (Liu, 2014), found that music 'therapy alleviated the symptoms of seasonal affective disorder in the elderly patients'.

The most diversity among studies was observed in relation to outcome measures. These ranged from agitation, aggression and anti-psychotic medication to anxiety, depression and stress, from cognitive function, communication and social interaction to wellbeing and quality of life and from the attitudes, perceptions and beliefs of caregivers to the enjoyment and engagement of residents.

Of significant interest in the remaining studies was an analysis of the social return on investment (SRoI) of a project offering access to cultural venues, live-streamed music and co-produced theatre (Bosco et al., 2019). This found that – across care home residents, staff and activity coordinators – a value of £1.20 was generated for every £1 invested. This study was included in Bangor University's report *Assessing the Economic Impact of the Arts on Health and Healthcare Services in Wales*. Referenced in the same report was Jones et al. (2020), which examined the impact of visual art activities on people with dementia in care homes and their formal and informal caregivers. This found an SRoI in the range of £3.20 to £6.62 per £1 invested.

b) Review of Grey Literature

i. Evaluations

Several high-quality evaluations have been published that include an assessment of the arts in care homes. An overview follows.

The **Arts in Care Homes** pilot (2013–16), jointly funded by Arts Council England and the Baring Foundation, supported four projects to embed creative approaches in care homes with the aim of precipitating a cultural shift. It tested various delivery models including: commercial, consortium, care home-led and artist development, with the commercial model being terminated prematurely. Almost 2,000 residents participated in more than 2,200 hours of activity across 51 care homes. A range of positive impacts for residents was identified, including an increased sense of achievement, respect, value, connection and calm. Evaluation showed that 'The most significant factor to impact upon success was the engagement of staff in the creative processes'.

The landmark **cARTrefu** [reside] project (2015–17), funded by the Baring Foundation and Arts Council of Wales and delivered by Age Cymru, was centred on artistic residencies and workshops in Welsh care homes. The evaluation, published as *Creating Artists in*

Residents, reported 976 workshops benefiting 793 residents and 272 staff over 1,952 hours in almost a fifth of care homes in Wales. Residents showed a statistically significant improvement in their wellbeing as a result of their participation (from an average score of 2.96 to 4.07); they rated workshops as highly enjoyable, socialised more and gained or regained skills. Staff attitudes to residents, particularly those with dementia, improved; they gained in confidence to deliver sessions and began to seek out creative and cultural activities in their spare time. Artist practitioners also experienced a positive shift in their attitudes towards residents while gaining in confidence and developing new skills. The positive results of cARTrefu led to further Baring Foundation funding for a second phase of the project.

Of the 32 projects funded by Arts Council England and the Baring Foundation under the umbrella of **Celebrating Age** (2017–22), eight explicitly involved care homes as partners and/or settings. The Celebrating Age evaluation report noted that 'These partnerships required adaption to the day-to-day routines of care homes, creating new ways of working, but also challenges'. Several different approaches were in evidence, including artists coming into care homes to work in a participatory way; co-production of cultural events; arts organisations touring productions to care homes; and supporting residents to attend heritage sites and cultural venues in the community. Among the reported impacts were increased social connection and heightened confidence.

Piloted in 2017 and funded from 2019 (by the National Creativity Fund, Arts Council of Ireland and HSE CHO National Lottery funds), Age & Opportunity Arts' **Artist in Residency in a Care Setting** initiative brought artists together with older people through residencies in care settings in Ireland. In addition to increasing access to the arts, the initiative sought to train artists to work in care settings and to influence the ways in which care home managers and staff valued creative activities. Evaluation through a specially developed model found an increase in social connection and increased morale throughout the care setting. Although it is unclear how this was measured, the independent evaluator found a 'contribution to the mental and cognitive health of the older people that enhances their individual and collective well being'. This project informed the development of the 2021 **Care Hubs of Arts and Creative Excellence**, including artists' residencies in residential care settings, which generated positive qualitative feedback.

In all of the projects outlined above, a strong sense emerges of the older people involved in arts activities regaining a sense of personhood, above and beyond their relationships to family members or their identity as a care home resident. In an era in which person-centred care is prized, the capacity of the arts to unleash personhood within care settings ought to be valued by policy-makers.[1]

[1] In their book chapter 'The Home as a Creative Space', Jayne Lloyd and Helen Nicholson argue that we need to move away from person-centred notions of care to recognise the inter-connectedness of everyone in a care home, including professional carers, residents, friends, family or other visitors.

Piloted in 2015 and begun in earnest in 2016 with a research grant from Arts Council England, **Creative Journeys** explored the role of participatory arts in promoting social relationships for older people in care homes (see also Dadswell et al., 2020). As part of a wider project involving eight Essex care homes and leading arts organisations, research was centred on three case studies, wider interviews and a survey. This study found that participatory arts increased communication and interactions between residents and between residents and staff; enabled shared experience and learning; 'promoted collective enjoyment, helped to build a shared identity and camaraderie, and as a result developed new and existing friendships'. The care home context proved to be a mediating factor in the success, or otherwise, of the activities and social relations.

In late 2018, Live Music Now conducted an evaluation of the impact of music interventions for people living and working in care homes. This surveyed **A Choir in Every Care Home** (2015–17), which offered 11 weekly music sessions to support the care home environment. The ensuing *Live Music in Care Homes* report showed that live music and singing provided positive social experiences, creative engagement, fun and a sense of achievement; that a sense of identity and empowerment was awakened in residents; that musicians helped to nurture the wellbeing of older people in care; and that regular music-making could enhance the living and working environment.

Developed in 2019 by Creative Scotland, Luminate and the Care Inspectorate and funded by the Baring Foundation and National Lottery, the **Arts in Care** project aimed to embed and augment creative engagement in care homes across Scotland. This took a phased approach to training, planning, executing and evaluating sessions. Artists undertook close observation of residents to find opportunities for deepening connection, using their art form to enable residents to participate. Staff spoke about the length of time and level of support needed to enable resident participation in creative activities, which was particularly felt in homes experiencing staffing shortages. Residents derived pleasure from creative activities and took pride in their achievements. Staff reported that 'residents with more challenging behaviours had become calmer and less aggressive'.

Following an initial phase (2015–16), Magic Me's **Artists' Residencies in Care Homes** (ARCH) programme (2019–23) explored the practicalities of artists and care staff working together to embed the arts in residential care. A team led by Professor Hilary Bungay at Anglia Ruskin University conducted a qualitative evaluation through interviews and focus groups. The report arising, *Dare to Imagine*, highlighted the importance of staff engagement in creative activities and the wider project while pointing to 'significant challenges in terms of care home staff shortages, high staff turnover, and the pressures on their time'.

In September 2019, the National Activity Providers' Association (NAPA) launched the first annual **National Day of Arts in Care Homes**, which saw a range of arts activities organised across more than 240 care homes in England. Evaluation of the first year showed that a minimum of 1,694 residents took part, and the event stimulated positive social media activity. Subsequent thematic iterations have shown a gradual increase in

participation. A 2024 report noted that 'Testimonials reveal how arts have improved mental health, reduced isolation and brought joy to countless individuals'.

Also in 2019, the **Care Home Friends and Neighbours (Care Home FaNs): Intergenerational Linking** project was initiated by the Linking Network. Running for three years, this involved 114 care homes and 230 schools and youth groups, bringing children aged 5-14 together with older people in residential care. Only one of the intergenerational activities focused on the arts – an activity called Songs for Sharing – which saw young people recording older people talking about their favourite music and songs. Evaluation of the project as a whole found that two thirds of care home residents described themselves as happier during and after interactions with the children, more than half were more talkative and a third spoke about looking forward to session.

In 2025, the Linking Network partnered with Bradford UK City of Culture to organise **Intergenerational Play** between 20 care homes and 20 schools. There was a pronounced focus on creative activities, including music, dance, drama and crafts. In a final report, shared with the author, creative play was observed to 'open up memories and moments of joy for older adults, including residents living with dementia who connected through singing, rhythm, dance and listening to familiar music'. Staffing pressures on both sets of organisations was one of the most consistent hurdles that had to be overcome, and the value of strong relationships and clear communication was foregrounded.

ii. Policy Documents

While a handful of the UK policy and strategy documents included in UCL's Mapping Global Arts and Health Policy touch on creative ageing, none covered the arts in care homes.

At UK governmental level, there is little recognition of the value of the arts to life in residential and nursing care.

One promising recent development has been the Health and Social Care Standards published by the Scottish Government in June 2017. Within the first standard – 'I experience high quality care and support that is right for me', the first criterion of the wellbeing guideline is: 'I can choose to have an active life and participate in a range of recreational, social, creative, physical and learning activities every day, both indoors and outdoors'. While this is largely directed at children and young people, there is scope for the same provision to be made for older people in residential and nursing care.

The All-Party Parliamentary Group on Arts, Health and Wellbeing, set up in 2014, has been lobbying for acknowledgement of the value of the arts to social care. Briefing notes – issued in autumn 2017 to the Social Care Institute for Excellence, the Local Government Association and others – highlighted contemporaneous evidence.

Guidance issued in 2018 by the National Institute for Health and Care Excellence (NICE), entitled *Dementia: assessment, management and support for people living with*

dementia and their carers, recommends offering a range of activities, tailored to care home residents' preferences, as well as group cognitive stimulation and reminiscence therapy. Similarly, the guidance advises: 'For people living with dementia who experience agitation or aggression, offer personalised activities to promote engagement, pleasure and interest', but no explicit mention is made of arts activities.

Advocacy organisations have been active in this space. Alzheimer's Society recognises the therapeutic value of the arts in helping people with dementia to live in the moment. The community benefit society Dementia Community has consistently featured the arts in its in-house *Journal of Dementia Care*.

The independent review of Arts Council England, conducted by Baroness Hodge, reported in December 2025. Director of the National Centre for Creative Health, Alex Coulter, observed that, in light of the arts council being the main funder of creative health activity in England, it was 'surprising to note that health and wellbeing are entirely absent from the recommendations and even language of the review'. Responding to the review, the Department for Culture, Media and Sport (DCMS) emphasised a key role for the arts and culture in health and wellbeing, specifying that 'cultural engagement can help prevent, treat and manage physical and mental health problems [...] reducing incidences of depression and the onset of cognitive decline'. This is applicable to the arts in care settings and is validated by the evidence presented here.

Everyone has a right to experience high-quality creative and cultural activities, regardless of who they are and where they live. In its response to the Hodge review, DCMS stated an intention to eradicate inequities in cultural opportunity. Care homes provide a venue for offering high-quality, culturally appropriate activities to all residents, including people historically excluded from accessing such activities, making them a prime site for equalising access to the arts.

In its response to the Hodge review, Arts Council England acknowledged the contribution of its national portfolio organisations to the 'health and wellbeing of residents' and flagged the need for a 'healthy touring ecology'. DCMS has committed additional funding to support touring and increase accessibility. With this in mind, care homes ought to be considered as receiving venues for excellent cultural productions.

As of March 2026, two further opportunities exist for more systemic recognition of the value of the arts to care homes within policy.

The first of these is to be found within the Casey Commission on Adult Social Care, which is expected in its first phase (reporting in 2026) to pave the way to a National Care Service. The second phase of the Commission (reporting in 2028) will 'build on the commission's medium-term recommendations to look at the model of care needed to address demographic change, how services must be organised to deliver this and discuss alternative models that could be considered in future to deliver a fair and affordable adult care system'. Every effort should be made by sector leaders to present to Baroness Casey

some of the evidence outlined here, underlining the contribution the arts can make to improving physical and mental health and wellbeing among care home residents at a lower economic and human cost than healthcare and medication.

The second policy opportunity is presented by the English Devolution and Community Empowerment Bill. This places the onus on strategic authorities to pay heed to improving health and reducing health inequalities within their populations. Given that local government has a responsibility for public-sector care homes, this piece of legislation has the potential to hasten integration of the arts into residential and nursing care on the grounds of improving health and wellbeing and ameliorating the symptoms and progress of cognitive decline. Culture Commons has succeeded in having culture added to the Bill as an eighth policy area in which health and health inequalities are to be considered.

5. Discussion and Recommendations

Taken together, the evidence base exploring arts engagement within care homes is substantial. The most robust portion of previous research pertains to alleviation of depression and anxiety, prevalent in care homes, through engagement across art forms and participatory and receptive activities. Arts activities have also been seen to bring about an uplift in wellbeing, quality of life and mood, having a positive knock-on effect on the atmosphere of homes.

Within the extensive body of literature investigating music and dementia, there is evidence that music therapies can help to reduce the symptoms of dementia-related psychosis. Symptoms such as agitation and behavioural disturbances, particularly evident at meal times and bath times, can be calmed with relaxing music. By comparison with a control group, this has been seen to stave off an increase in anti-psychotic medication. In addition to reducing the behavioural and psychological symptoms of dementia, personalised music delivered via headphones has the potential to relieve pain and improve sleep quality.

A health economics consideration of the cost of interventions to reduce agitation found music therapy to be the cheapest by far. The benefits of such approaches are, however, short-lived and need topping up through regular activity.

Evidence of improved cognition via music activities was tentatively reported, with music and drama increasing alertness and drama enhancing the ability to recall words and to solve problems. This area would benefit from further research, particularly in relation to non-music art forms.

Future research might be usefully orientated towards NICE dementia guidance, with a specific focus on the role of the arts in cognitive stimulation, agitation and aggression.

Group arts activities help people to form connections and to express emotions, contributing to better (verbal and non-verbal) communication, coordination and sociability. This has the effect of humanising the care environment, strengthening understanding and interaction between residents and staff.

A project offering access to cultural venues, live-streamed music and co-produced theatre – across care home residents, staff and activity coordinators – generated a social value of £1.20 for every £1 invested. This sits alongside estimated health and care costs of £8,000 per person in the most extreme cases. Visual art activities for people with dementia in care homes and their formal and informal caregivers generated social return on investment in the range of £3.20 to £6.62 per £1 invested. This prompts further research into visual arts in care settings.

Also having a bearing on cost-saving is delaying admission to care homes, and the role played by the arts could be much better understood in this important preventative work.

Studies focusing on care staff found that arts activities led to better understanding between staff and residents, increased skills and confidence and yielded a higher quality of care. Barriers to implementation were identified by staff to include staffing levels and workload and a lack of support or motivation. Enablers included knowledge of residents, information, learning opportunities, resources and support, with care home managers being pivotal to uptake within stable, well-functioning teams offering clear communication.

The 2021 UK government white paper on adult social care reform, *People at the Heart of Care*, noted that 'Much of the workforce suffers from poor mental health and burnout, especially following the huge sacrifices they made during the COVID-19 pandemic. 26% of care home workers were likely to be experiencing some form of depression at the start of this year, and 27% likely experiencing an anxiety disorder (compared to 20% and 18% at the national average)'. It would be beneficial for future research to address the impact of the arts on depression and anxiety in care staff.

A contested area in the literature beyond care homes relates to dance and falls prevention. A 2014 RCT found that ballroom dancing among care home residents improved balance and reduced the number of falls in the study population. However, a 2024 systematic review of 41 previous studies discerned little evidence that dance could help to reduce falls. More encouraging results have been seen in relation to fear of falling, coordination, mobility, stamina and social relations. The government white paper noted that 'As well as life-altering effects on older people, falls cost the NHS over £2 billion a year. Most falls happen in people's own homes but many also happen in care homes'. This being the case, more robust evidence is needed of the value of dance in falls prevention in residential and nursing care.

There is clearly something specific about arts activities that brings about benefits. Many of the studies investigating the impact of creative and cultural activities on depression and anxiety in care settings are compared to 'usual activities', setting the arts apart. One avenue for future research might be to understand better the particular properties of arts engagement that lead to positive outcomes.

The best results were observed when professional music therapists worked with residents' preferred music. This nod to professionalism is reflected in several articles which mention a professional artist or writer leading participatory sessions. This raises questions about how the quality of arts activity determines the impact of that activity and whether this can be maintained when artists disseminate their skills and knowledge to care staff. To date, this issue has been under-explored and would benefit from further investigation.

A related and similarly under-researched topic concerns whether culture sector workers require specialist training to work in residential and nursing care. Anecdotal evidence from those working at a high level within the arts and care sector strongly suggests this to be the case. However, the majority of studies looking at barriers to adoption are centred on the perspectives of – and training needed by – care staff.

If the arts are to be embedded across residential and nursing care, a greater understanding will be needed of the readiness of the cultural sector to facilitate work in care settings. This will inform future steps to ensure that arts and cultural organisation are provided with the requisite knowledge and skills to deliver work in care homes. Closer collaboration between cultural and care sectors will strengthen the healthy cultural ecosystem on which such work relies.

At the same time, access must be monitored to ensure that all residents are regularly offered an opportunity to experience great art.

Reflecting on 25 years of delivering creative ageing projects and working with care homes, co-director of Equal Arts, Alice Thwaite, observed in 2017 that:

> [...] the care home sector is dominated by private companies. I struggle with the fact that we, a charity, raise funding to deliver in private care homes, which often charge £700/800 a week. We have made some in-roads in getting the businesses to pay but it is galling to see the amount of money spent on soft furnishings and furniture, making them look like 5-star hotels when staff are paid so badly and we are working so hard to bring in specialist participatory artists to make a difference to the lives of those living in their care.

This highlights the necessity of embedding arts activities into standard care in a sustainable and appropriately funded way. It is hoped that the evidence presented here will aid in this endeavour.

6. Appendix: Peer-Reviewed Evidence (Alphabetical by Lead Author)

AUTHOR(S)	TITLE	JOURNAL	YEAR	ABSTRACT
Ansdell, Gary; DeNora, Tia	CARING FOR MUSIC, WHAT CAN WE FIND? GENTLE METHODS FOR RESEARCHING THE AESTHETICS OF CARE IN LATER LIFE SETTINGS	*Care Aesthetics and the Arts*	2025	This chapter works with the findings of the Arts and Humanities Research Council (AHRC)-funded Care for Music research project (2019–2023 – https://www.w3.org/1999/xlink" xlink:href="https://careformusic.org">https://careformusic.org) which made a detailed long-term ethnography of how active music-making facilitated by music therapists relates to the logic, practices and qualities of care within care homes and hospices in the UK and Norway. We present and discuss two parallel aspects of aesthetics that became central to the Care for Music research. Firstly, how music as an aesthetic medium is often used quite by residents, carers, friends and family so that the experience of caring and being cared for merges, shifts and distributes within the interactive and mutual process of making music together. Secondly, whilst the ethnography made conventional fieldnotes and participant observation, we also found ourselves as researchers using various artistic methods (drawings, poems, short stories, collages) as aesthetic means of attending differently, and more precisely, to the musical scenes of care we witnessed and participated in, and to 'saving' the qualities and meanings of these experiences. In this chapter, we will present examples of how these artistic methods could contribute to the current debates on 'aesthetics of care'.
Astell-Burt, Caroline; McNally, Theresa; Collard-Stokes, Gemma; Irons, J. Yoon	'Withness': Creative spectating for residents living with advanced dementia in care homes	*Journal of Applied Arts and Health*	2020	Aiming to illustrate the potential for puppetry as a useful resource in dementia care, the authors argue unusually that play with puppets derives not particularly from drama or theatre, but fundamentally from the performative relationship people have with objects. The puppeteers of the study achieved remarkable emotional connection with care-home residents through an experience of puppetry, which dissolved the unitary autonomy of the puppet, recontextualizing it relationally as the puppeteer-with-puppet-with-spectator. It is this 'withness' that ignited the creative spark of presence of the residents. For a moment of trust and child-like joy kinaesthetic memories stirred in them, appearing to break down emotional barriers between the person and the world around them and indicating comparatively longer-term therapeutic benefits.

Azhdarloo M, Ataei R, Alamdarloo SMM, Mirzakhani A, Nazari A.	Effectiveness of group-based art interventions for late-life depression: a systematic review and meta-analysis of randomized controlled trials		2026	BACKGROUND: Depression is the most common mental health disorder among the older populations, leading to a higher reduction in quality of life and an increased financial burden on the health care system. One promising non-pharmacological approach for improving mental health in older adults is the use of art-based interventions. METHODS: This systematic review and meta-analysis followed PRISMA guidelines. Eligible randomized controlled trials (RCTs) examined any form of art intervention (including music, dance, and visual arts) targeting depression in adults aged > 55 years. Databases searched included PubMed, Scopus, Web of Science, PsycINFO, and the Cochrane Library through July 2025. Two reviewers independently extracted data, assessed risk of bias using the Cochrane RoB 2 tool, and determined study eligibility. Standardized mean differences (SMDs) were calculated using random-effects meta-analysis, followed by subgroup analyses, meta-regression, and publication bias assessment (Egger's test and funnel plot). RESULTS: Out of the 41 RCTs reviewed, 37 report results from 23 of these studies and were eligible for meta-analysis, including a total of 3791 participants. In the pooled analysis, it was revealed that art-based interventions had a greater impact in lowering levels of depression as compared to their respective controls (SMD = - 0.93, 95% CI: - 1.19 to - 0.68, $p < 0.001$) and had a high degree of heterogeneity ($I2 = 91.7\%$). Subgroup analyses suggested receptive interventions had a stronger effect (SMD = - 1.97, 95% CI: - 1.43 to - 2.50, $p < 0.001$) than active interventions (SMD = - 0.67, 95% CI: - 0.42 to - 0.91, $p < 0.001$) and interventions provided in the hospital or care home settings. Also, meta-regressions showed no significant association of effect size with the independent variables of age of subjects, number of sessions, or duration of intervention. Most of the studies had moderate to high risk of bias. Egger's test indicated no significant publication bias ($p = 0.133$). CONCLUSIONS: Art-based interventions effectively reduce depression in older adults and can serve as valuable complements to mental health strategies for aging populations. However, due to heterogeneous study designs and variable quality, additional high-quality trials are needed to confirm these benefits and optimize intervention delivery.

Baker, Felicity A; Lee, Young Eun C; Vieira Sousa, Tanara Rosângela; Stretton-Smith, Phoebe A; Tamplin, Jeanette D; Sveinsdottir, Vigdis; Geretsegger, Monika Wake, Jo Dugstad; Assmus, Jörg; Gold, Christian	Clinical effectiveness of music interventions for dementia and depression in elderly care (MIDDEL): Australian cohort of an international pragmatic cluster-randomised controlled trial	*The Lancet Healthy Longevity*	2022	Background: Dementia and depression are highly prevalent and comorbid conditions among older adults living in care homes and are associated with individual distress and rising societal costs. Effective, scalable, and feasible interventions are needed. Music interventions have shown promising effects, but the current evidence base is inconclusive. The present study aimed to determine the effectiveness of two different music interventions on the depressive symptoms of people with dementia living in residential aged care. Methods: We implemented a 2 × 2 factorial cluster-randomised controlled trial to determine whether group music therapy (GMT) is more effective than no GMT with standard care, or recreational choir singing (RCS) is more effective than no RCS with standard care, for reducing depressive symptoms and other secondary outcomes in people with dementia with mild to severe depressive symptoms living in residential aged care. Care home units with at least ten residents were allocated to GMT, RCS, GMT plus RCS, or standard care, using a computer-generated list with block randomisation (block size four). The protocolised interventions were delivered by music therapists (GMT) and community musicians (RCS). The primary outcome was Montgomery-Åsberg Depression Rating Scale score at 6 months, assessed by a masked assessor and analysed on an intention-to-treat basis using linear mixed-effects models, which examined the effects of GMT versus no-GMT and RCS versus no-RCS, as well as interaction effects of GMT and RCS. We report on the Australian cohort of an international trial. This trial is registered with ClinicalTrials.gov, NCT03496675, and anzctr.org.au, ACTRN12618000156280. Findings: Between June 15, 2018, and Feb 18, 2020, we approached 12 RAC facilities with 26 eligible care home units and, excluding six units who could not be enrolled due to COVID-19 lockdowns, we screened 818 residents. Between July 18, 2018, and Nov 26, 2019, 20 care home units were randomised (318 residents). Recruitment ceased on March 17, 2020, due to COVID-19. The primary endpoint, available from 20 care home units (214 residents), suggested beneficial effects of RCS (mean difference −4·25, 95% CI −7·89 to −0·62; p=0·0221) but not GMT (mean difference −0·44, −4·32 to 3·43; p=0·8224). No related serious adverse events occurred. Interpretation: Our study supports implementing recreational choir singing as a clinically relevant therapeutic intervention in reducing depressive symptoms for people with dementia in the Australian care home context. Funding: National Health and Medical Research Council, Australia.
Barton, Gillian C.	Creatively healthy: Art in a care home setting in Scotland	*Arts and Health Promotion: Tools and Bridges for Practice, Research, and Social Transformation*	2021	The benefit of art and creativity in improving health and well-being across all age groups is being increasingly recognized. This study reports on the logistics and evaluation of an outdoor art project within a residential care home in Scotland that aimed to involve residents, their families, and staff in a creative experience to benefit their well-being. Initial designs were developed by a professional artist with the final design being chosen by residents and titled the "Tree of Many Colours." The design encompassed 57 individual clay tiles; the artist led the creative process over a period of a month. Project evaluation was undertaken using a combination of qualitative and video-based observational research (VOR) through questionnaires, semi-structured interviews, and video capture. The evaluation highlighted five key themes and demonstrated the main benefits derived by residents: learning new skills; self-belief; surprise at their own creative ability; excitement and fun. As a result of the project, staff were more confident and eager to use creative activities. The project has provided a focal piece of art for the home and engendered intergenerational community spirit, bringing staff, residents, and their families together. The model can be replicated and has the potential to be adopted in other settings.

Batt-Rawden, Kari Bjerke; Stedje, Kristi	Singing as a health-promoting activity in elderly care: a qualitative, longitudinal study in Norway	*Journal of Research in Nursing*	2020	Background: The current standards of care of the older person recommend employing non-pharmacological approaches to challenges, including safe approaches to managing pain and stress, enhancing symptom relief, and fostering independent lifestyles with the highest quality of life possible. More research is needed to enable nurses and other medical staff to use singing and music-based interventions, to access singing-based programmes, and promote a greater use of choirs in nursing homes. A solid basis of positive experiences and feedback through evidence in practice is required to help promote support for such activities. Aims: To identify, explore and describe experiences, attitudes, beliefs, issues, processes and changes among nurses, carers and leaders in reference to implementation of the educational programme 'Singing Nursing Homes', Norway. To increase knowledge and understanding of how an educational song programme could become an integral part of nursing practice and quality of care in nursing and care homes, and identify why this would be constructive. Since its inception in 2015, 'Singing Norway' wanted to offer a professional, evidence-based programme for nursing homes throughout the country. Methods: A longitudinal, qualitative and explorative approach. In-depth interviews and focus group interviews of female employees (n = 19) from three nursing homes in Norway, 2018. Results: Nursing home employees perceived singing to have potential benefits for their patients, such as reducing uneasiness, increased comfort, well-being and joy, improved sleep, and believed singing had the potential to reduce the need for medication and prevent accidents among their patients. By facilitating opportunities for learning and practice, staff in nursing homes were able to use singing as part of their 'art of caring', enhancing environmental care for the older person. Singing was found to have positive effects for the patients, their relatives and the staff, which improved the psychosocial working climate overall. Conclusions: Singing interventions could be a vital component for the enhancement of health, well-being and quality of life for the patients and staff in nursing homes.
Bennett, S L; Maas, F	The Effect of Music-Based Life Review on the Life Satisfaction and Ego Integrity of Elderly People	*British journal of occupational therapy*	1998	Although music-based life review has frequently been used to facilitate personal adjustment in elderly people, minimal empirical evidence exists as to its effectiveness. An experiment was designed to evaluate the effectiveness of music-based life review. It was hypothesized that a programme of music-based life review would more effectively promote life satisfaction and ego integrity than a programme of verbal life review. Twenty-six elderly female patients residing in nursing homes or hostel accommodation were selected, matched and randomly assigned to either a treatment group (music-based life review) or a control group (verbal life review). Following a 6-week intervention period, all subjects completed the Ego Integrity Subscale (EIS) and the Life Satisfaction Index A (LSIA) and indicated on a linear scale the degree to which they enjoyed the treatment or found it helpful. Results provided support for the use of music-based life review by health care professionals aiming to improve the elderly person's personal adjustment.

Bloska, Jodie; Ablewhite, Joanne; Rasing, Naomi Larissa; Janus, Sarah Ingeborg Margit; Uçaner, Burcin; Gürkan, Barış; Gold, Christian; Vink, Annemieke C; Schneider, Justine M.	Treatment differentiation between group music therapy and recreational choir singing for people with dementia and depression living in residential care homes: structured video analysis of the interventions in the MIDDEL trial	*Frontiers in Psychiatry*	2026	Introduction: Music-based interventions are often implemented in residential dementia care to support quality of life and wellbeing, and to minimize neuropsychiatric symptoms such as depression. A recent international randomized controlled trial called MIDDEL ("Music Interventions for Dementia and Depression in Elderly Care") compared efficacy of two popular music-based interventions: recreational choir singing (RCS) and group music therapy (GMT). The current study was undertaken to determine similarities and differences between the delivery of these two interventions within the MIDDEL trial. Methods: To determine treatment differentiation between RCS and GMT in MIDDEL, we undertook structured video analysis of a random sample of the available session videos from the trial. For each intervention, the videos were analyzed against a predefined checklist, which included items across three music-based activities: singing familiar songs, instrument playing and movement to music. Pearson's chi-square tests were used to assess whether the type of intervention significantly influenced the delivery of the checklist items. Results: A sample of 65 session videos (GMT: 32; RCS: 33) were analyzed from MIDDEL sessions delivered in the Netherlands, Türkiye and the UK. Overall, the interventions differed significantly in their implementation, $x2(1) = 101.39$, $p = <.001$, with a small effect size (Cramer's $V = 0.257$). Singing familiar songs was used in all GMT and RCS sessions, although there were some specific differences in terms of how facilitators engaged the participants within musical interactions. GMT sessions regularly incorporated playing instruments, whereas this was rare within RCS sessions. There was no difference in the use of movement to music, which occurred in around a third of sessions in both GMT and RCS. Discussion: The current findings confirm treatment differentiation between the two music-based interventions delivered as part of the MIDDEL trial. The results may indicate distinctive characteristics of professional music therapy as compared to community choir singing within residential dementia care, while also identifying overlaps in practice. Understanding the differences and similarities between these two popular music-based interventions can guide future research and inform their use in clinical practice.
Bosco, Alessandro; Schneider, Justine M; Broome, Emma Elizabeth	The social value of the arts for care home residents in England: A Social Return on Investment (SROI) analysis of the Imagine Arts programme	*Maturitas*	2019	Background: Direct involvement in creative activities can have benefits in terms of improved attention and positive engagement for older people. We used the social return on investment (SROI) approach to explore the social and economic benefits of arts activities for older people living in residential homes in England. Methods: We complied with the CHEERS checklist and followed the six stages of SROI as reported in the literature. Results: We identified three main stakeholders: care home residents, care home personnel, and activity co-ordinators. For residents, the outcomes of interest were: community inclusion, mental and physical health, improved cognition and decreased social isolation. For care home personnel and activity co-ordinators the outcomes were: improved skills in caring for older people and increased confidence in using arts interventions. The analysis yielded an SROI of £1.20 for every £1 of expenditure. The sensitivity analysis revealed that when we consider a displacement rate of 15% for all the outcomes of all participating stakeholders, the Imagine study is unlikely to report a ratio that is less than £1.02 for every £1.00 invested. Conclusions: Findings could inform policy decisions about investment in the arts and health or social care.

Broome E, Dening T, Schneider J.	Facilitating Imagine Arts in residential care homes: the artists' perspectives	*Arts Health*	2019	INTRODUCTION: This study explores factors affecting the successful facilitation of a residential arts programme. The aim was to identify barriers and describe how they could be overcome, this was both formative, to help shape the programme, and summative, to inform best practice and future arts interventions. METHODS: An exploratory qualitative design examined the views of the artists administering the arts programme. RESULTS: Data were analysed using thematic analysis. Four main themes were identified; contextual factors, perceiving and responding to needs, facilitating relationships and building confidence. CONCLUSION: Findings provide insight into practical aspects of facilitating arts programmes in residential care. Some of the identified barriers may have simple solutions which can easily be incorporated into everyday best practice. This research provides a start for understanding the role of artists within care homes and how they aid the implementation and integration of arts programmes into the care of people with dementia.
Brown Wilson, C; Tetley, Josie Wendy; Healey, Joan; Wolton, River	The Best Care is Like Sunshine: Accessing Older People's Experiences of Living in Care Homes Through Creative Writing	*Activities, Adaptation and Aging*	2011	This study explored the value of creative writing as an activity in a long-term residential setting. A series of seven workshops were facilitated in a nursing home in the United Kingdom by a professional writer. Eight older women in their 80s and 90s with varying degrees of physical and sensory impairment participated in the workshops. A thematic analysis of the women's work identified five key themes: being confronted by loss, unlocking memories, rediscovering the self, changing and adapting, and giving and receiving care. Their writings provide unique insights as to how older women reflect on their lives and experiences following their move into long-term care.
Bungay, Hilary; Wilson, Ceri; Dadswell, Anna; Munn-Giddings, Carol	The role of collaborative working between the arts and care sectors in successfully delivering participatory arts activities for older people in residential care settings	*Health and Social Care in the Community*	2021	In the UK support for older people living in residential care to undertake meaningful activities is provided by Activities Co-ordinators. There is also a growing trend for care home providers to invite arts organisations into care settings to deliver a range of arts and cultural activities. These arts and cultural activities are delivered by Arts Facilitators, who are distinct from Activities Co-ordinators because their practice is specifically in an art form. This paper presents findings from the Creative Journeys research project which focused on exploring the role of participatory arts within residential care home in developing and maintaining social relationships between residents and staff. One of the objectives of the research was to identify factors which facilitated or hindered the delivery and impact of the activities. Data collection methods included observations and semi-structured interviews with residents and staff. Thematic analysis was conducted on the qualitative data. It was found that a key factor in the successful delivery of the groups was the working relationship between the Arts Facilitators and the Activities Co-ordinators. This relationship is explored and presented under three main themes: the collaborative process, practicalities and preparation and the approach of the Arts Facilitator. The Activities Co-ordinators' role is an under-researched area, but they play a central role in supporting visiting arts organisations to deliver the sessions and in enabling residents to attend and engage with meaningful activities.

Burnand, Alice; Rookes, Tasmin Alanna; Mahmood, Farah; Davies, Nathan A; Walters, Kate R; Orleans-Foli, Stephen; Sajid, Madiha; Vickerstaff, Victoria; Frost, Rachael H.	Non-Pharmacological Interventions in the Management of Dementia-Related Psychosis: A Systematic Review and Meta-Analysis	*International Journal of Geriatric Psychiatry*	2024	Objective: As populations age globally, there is an increasing prevalence of dementia, with an estimated 153 million living with dementia by 2050. Up to 70% of people with dementia experience dementia-related psychosis (D-RP). Antipsychotic medications are associated with many adverse effects in older people. This review aims to evaluate the evidence of non-pharmacological interventions in managing D-RP. Method: The search of Medline, EMBASE, Web of Science, CINAHL, PsycINFO, and Cochrane included randomised controlled trials that evaluated non-pharmacological interventions. Data extraction and assessment of quality were assessed independently by two researchers. Heterogenous interventions were pooled using meta-analysis. Results: A total of 18 articles (n = 2040 participants) were included and categorised into: sensory-, activity-, cognitive- and multi-component-orientated. Meta-analyses showed no significant impact in reducing hallucinations or delusions but person-centred care, cognitive rehabilitation, music therapy, and robot pets showed promise. Conclusions and Implications: Future interventions should be developed and evaluated with a specific focus on D-RP as this was not the aim for many of the included articles.
Caiola, Valentina; Moreira Kares, Elina; Pillan, Margherita; Spallazzo, Davide; Tuomi, Aarni	Remote Cultural Events: Investigating the Usefulness of Live Streaming for Creating Cultural and Social Engagement in Communities of Older Adults	*Sustainability (Switzerland)*	2023	The rise of the silver economy has drawn a growing interest in understanding the needs and behaviours of older adults, both by academics as well as the business and public sectors. Services promoting wellbeing can have several benefits both on individual and national levels, and social connectedness, as one aspect of wellbeing, has been found to positively impact healthy ageing and quality of life among older adults. The aim of this study was to conduct a first exam of the potentials of a remote cultural event to facilitate social connectedness and well-being in a community of older adults through culture and the arts. This study utilised a qualitative exploratory approach in the form of a co-designed case study set in a Finnish care home. An opera streaming event was planned and organised in co-operation with multiple stakeholders including the residents. The results highlight the role of social interaction as part of a remote cultural experience, prior, during, and post-experience. Partaking in the event resulted in enhanced social connectedness, more positive views on technology and remote experiences, and overall satisfaction for joining. The social aspect, rituals, and etiquette are also present also in watching opera remotely, and emphasising these aspects in designing such services could leverage the potential that digital cultural experiences hold.

Campbell, Sarah; Ponsillo, Nick; Budd, Paul; Keady, John D.	"Music in Mind" and Manchester Camerata: An exploratory qualitative evaluation of engagement in one care home in Northwest England	*Quality in Ageing and Older Adults*	2017	Purpose - The purpose of this paper is to consider the work conducted by Manchester Camerata (an internationally renowned and world-class chamber orchestra) programme for people with dementia in one care home in the north west of England. The study aim was to undertake an exploratory qualitative evaluation of experiences of those taking part in its ten week "Music in Mind" programme, namely care home staff, Manchester Camerata musicians/organisational staff, care home activity workers, the assigned music therapist and visiting family carers. Design/methodology/approach - During July-September 2014 a sample of 11 participants was recruited and a total of 19 interviews conducted over ten weeks. All respondents were offered the opportunity to be interviewed more than once. Interview data were supplemented by information gathered at two musicians de-brief sessions and from two activity workers' diaries. All data was organised using NVivo 10 and thematic analysis applied to the whole data set. People with dementia could not be included in the sample owing to the time limitations on starting and completing the evaluation. Findings - This analytical process generated three overarching themes: Making it Happen, which referred to the contextual, structural and organisational considerations necessary for setting up the engagement programme; Orchestrating Person-centred Care, which addressed the importance of building relationships through person to person communication; Making Musical Connections, which identified the sensory and embodied qualities of live music and the need to capture in-the-moment experiences. Originality/value - Whilst each of these theme headings has slightly different meanings and applications to each of the participating stakeholders, the evaluation highlights the potential power of improvised music making to equalise and harmonise the group dynamics by co-creating "in-the-moment" experiences.
Canning, Shelley E; Gaetz, Michael B; Blakeborough, Darren	It takes time: Building relationships and understanding through an intergenerational ballet programme	*Dementia*	2020	Individuals living in long-term residential care homes are often viewed through a negative lens. These residents have increasingly complex care needs, and their functional, communication and cognitive challenges can support conceptualizations of difference and disability perpetuating negative stereotypes of age and dementia. However, engaging in meaningful activities and relationships with older adults, including those with dementia, has been shown to promote positive attitudes. Specifically, intergenerational programming that provides opportunities for meaningful engagement between children and older adults has been shown to support positive emotional experiences through socializing and building relationships. This qualitative study explored the development of relationships between school-aged children and older adults with dementia living in a long-term residential care home. Residents in long-term care homes and children typically have limited opportunities to interact with each other; in this study, participating in an intergenerational dance programme provided an opportunity for meaningful relationships to develop. This paper focuses on the development of the children's attitudes and understandings of their much older dance partners. Seven girls between the ages of seven and nine participated in ballet classes with residents in a long-term care home for one hour each week over a six-month period. All of the residents had a diagnosis of moderate to advanced dementia. Further, all of the residents also had other chronic health issues such as cardiac, respiratory and/or neurological diseases. The children were interviewed at the baseline, three- and six-month intervals. Prior to beginning the dance programme, the children anticipated their dance partners to be unwell and unable. However, by the end of six months, the children described the residents much more positively highlighting their abilities and strengths. Over time, through participating in a structured intergenerational programme, the children's views of disability and difference disappeared as they formed dance partnerships and developed meaningful relationships.

Chang, Chia-Hsiu; Lu, Ming-Shih; Lin, Tsyr-En; Chen, Chung-Hey	The Effectiveness of Visual Art on Environment in Nursing Home	*Journal of nursing scholarship*	2013	Purpose: This Taiwan study investigated the effect of a visual art–based friendly environment on nursing home residents' satisfaction with their living environment. Design: A pre-experimental design was used. Thirty-three residents in a nursing home were recruited in a one-group pre- and post-test study. Methods: The four-floor living environment was integrated using visual art, reminiscence, and gardening based on the local culture and history. Each floor was given a different theme, one that was familiar to most of the residents on the floor. The Satisfaction with Living Environment at Nursing Home Scale (SLE-NHS) was developed to measure outcomes. Findings: Of the 33 participants recruited, 27 (81.8%) were women and 6 (18.2%) were men. Their mean age was 79.24 ± 7.40 years, and 48.5% were severely dependent in activities of daily living. The SLE-NHS showed adequate reliability and validity. Its three domains were generated and defined using factor analysis. After the visual art–based intervention, the score on the "recalling old memories" subscale was significantly higher ($t = -13.32$, $p < .001$). However, there were no significant score changes on the "convenience" and "pretty and pleasurable" subscales. In general, the participants were satisfied with the redesigned environment and felt happy in the sunny rooms. Conclusions: Visual art in a nursing home is a novel method for representing the local culture and stressing the spiritual value of the elderly residents who helped create it. Older adults' aesthetic activities through visual art, including reminiscence and local culture, may enrich their spirits in later life. Clinical Relevance: Older adults' aesthetic activities through visual art have been shown to improve their satisfaction with their living environment. The SLE-NHS is a useful tool for evaluating their satisfaction.
Chua, Soonyi; Christensen, Justin; Timmers, Renee; Schauerman, Julia; Rawling, Kate	Using acousmatic storytelling to facilitate communication and social interactions in people living with dementia: An iterative exploratory 12-week study	*Australasian Journal on Ageing*	2025	Objective: Communication challenges in people living with dementia can limit social interactions with fellow residents and hinder professional carers' ability to provide person-centred care. While research highlights the benefits of reminiscence, storytelling and music interventions in facilitating social interaction, the potential of using soundscapes in storytelling remains underexplored. This qualitative study investigated how acousmatic storytelling—using sound recordings and music to inspire storytelling, evoke imagery and emotion, and iteratively develop hybrid audio compositions—can enhance communication and social interactions in people living with dementia. Methods: Twelve one-hour workshops were conducted with individuals in the early to mid-stages of dementia at a care home, using auditory cues (music and soundscapes) and visual prompts (photographs and poems) to stimulate memory recall, storytelling and group discussion. Data were collected through video and audio recordings, participant observation and semi-structured interviews with care workers. Results: Inductive thematic analysis identified two key themes in verbal communication: (1) reminiscence and (2) creative sound associations, as well as five themes for non-verbal behaviours: (1) supporting verbal communication, (2) substituting verbal communication, (3) expressing emotions, (4) enhancing rapport with others and (5) expressing musicality. These themes highlight how participants engaged meaningfully in both storytelling and group interactions. Conclusions: Findings suggest that acousmatic storytelling offers a platform for individuals living with dementia to engage in verbal communication, employ purposeful non-verbal behaviours and participate in meaningful social interaction. This highlights its potential as a narrative approach for enhancing person-centred care in long-term care settings.

Clair, Alicia Ann	The Effect of Singing on Alert Responses in Persons with Late Stage Dementia	*Journal of Music Therapy*	1996	Twenty-six persons with late stage dementia living in residential care homes, who were no longer ambulatory, and who no longer had discernible language were selected to participate in this study. The investigator met each subject individually, after obtaining permission to do so from legal guardians, for a series of sessions that were scheduled at the same time and place for 40 minutes on each of four sequential days. Each session consisted of randomly ordered, 2-minute segments of the investigator reading the newspaper, singing unaccompanied familiar songs, and sitting in silence. The subject was videotaped during all session. Tapes were later analyzed through an interval recording data collection method to determine whether individuals displayed alert responses as defined by head and eye movements, limb movements, changes in facial expressions, and vocalizations. Data were analyzed to compare the number of alert responses during the three conditions; reading, singing, and silence. Results indicated that alert responses were most frequent during singing, with alert responses during reading being the next most frequent. While there was no statistically significant difference between the number of responses during singing and reading, the number of alert responses during silence was significantly lower than for the other conditions. Additionally, responses during all conditions tended to increase over time from the first through the fourth experimental sessions. This study has implications for music therapists and others who wish to use singing as a stimulus for responses in persons who are in the late stages of dementia. First, persons are likely to respond to singing, even if they make little or no response to other stimulation. Response to singing is not contingent upon instrumental accompaniment. Therefore, any caregiver can use singing to encourage responses. Second, persons who are relatively nonresponsive in an initial session may grow in their response activity over time. Therefore, activities which are designed to foster responses should occur over a series of sessions to allow for latency periods. Though the subject sample in this study was small, and generalization to other persons with late stage dementia is guarded, there is indication that singing is a viable source of stimulation for those who have severe dementia and are generally unresponsive. Singing may therefore be an important component of programs designed to provide for life quality through stimulation.

Clark IN, Baker FA, Tamplin J, Lee YC, Cotton A, Stretton-Smith PA	"Doing Things Together Is What It's About": An Interpretative Phenomenological Analysis of the Experience of Group Therapeutic Songwriting From the Perspectives of People With Dementia and Their Family Caregivers	*Frontiers in Psychology*	2021	BACKGROUND: The wellbeing of people living with dementia and their family caregivers may be impacted by stigma, changing roles, and limited access to meaningful opportunities as a dyad. Group therapeutic songwriting (TSW) and qualitative interviews have been utilized in music therapy research to promote the voices of people with dementia and family caregivers participating in separate songwriting groups but not together as dyads. PROCEDURES: This study aimed to explore how ten people with dementia/family caregiver dyads experienced a 6-week group TSW program. Dyads participated in homogenous TSW groups involving 2-4 dyads who were either living together in the community (2 spousal groups) or living separately because the person with dementia resided in a care home (1 family group, 1 spousal group). The TSW program, informed by personhood, couplehood, family centered and group process frameworks, involved creating original lyrics through song parody and song collage. Qualified Music Therapists facilitated sessions and interviewed each dyad separately. Interviews were analyzed using interpretative phenomenological analysis. FINDINGS: Five recurrent group themes were developed, indicating group TSW: (1) was a positive shared experience, benefiting both members of the dyad and motivating further engagement with music; (2) stimulated mental processes and reignited participants' interests and skills; (3) provided meaningful opportunities for reflection and connection with memories and life experiences; and (4) prompted interaction and collaboration, leading to social connections, empathic relationships and experiences of inclusion. Participants also highlighted how: (5) the facilitated process supported engagement, highlighting abilities and challenging doubts. CONCLUSION: Dyads identified group TSW as an opportunity to recognize strengths, voice ideas and opinions, share meaningful experiences, and do "more with music." Participants valued TSW as a new, creative and stimulating experience that enabled connection with self and others and led to feelings of pride and achievement. Our findings further recognize how therapeutic intention and approach were reflected in participants' engagement and responses regardless of dementia stage and type, dyad relationship, or musical background. This research may broaden perspectives and expand understanding about how people with dementia and their family caregivers access and engage in music therapy.

Clark, Imogen N; Baker, Felicity A; Tamplin, Jeanette D; Lee, Young Eun C; Cotton, Alice; Stretton-Smith, Phoebe A.	"Doing Things Together Is What It's About": An Interpretative Phenomenological Analysis of the Experience of Group Therapeutic Songwriting From the Perspectives of People With Dementia and Their Family Caregivers	*Frontiers in Psychology*	2021	Background: The wellbeing of people living with dementia and their family caregivers may be impacted by stigma, changing roles, and limited access to meaningful opportunities as a dyad. Group therapeutic songwriting (TSW) and qualitative interviews have been utilized in music therapy research to promote the voices of people with dementia and family caregivers participating in separate songwriting groups but not together as dyads. Procedures: This study aimed to explore how ten people with dementia/family caregiver dyads experienced a 6-week group TSW program. Dyads participated in homogenous TSW groups involving 2–4 dyads who were either living together in the community (2 spousal groups) or living separately because the person with dementia resided in a care home (1 family group, 1 spousal group). The TSW program, informed by personhood, couplehood, family centered and group process frameworks, involved creating original lyrics through song parody and song collage. Qualified Music Therapists facilitated sessions and interviewed each dyad separately. Interviews were analyzed using interpretative phenomenological analysis. Findings: Five recurrent group themes were developed, indicating group TSW: (1) was a positive shared experience, benefiting both members of the dyad and motivating further engagement with music; (2) stimulated mental processes and reignited participants' interests and skills; (3) provided meaningful opportunities for reflection and connection with memories and life experiences; and (4) prompted interaction and collaboration, leading to social connections, empathic relationships and experiences of inclusion. Participants also highlighted how: (5) the facilitated process supported engagement, highlighting abilities and challenging doubts. Conclusion: Dyads identified group TSW as an opportunity to recognize strengths, voice ideas and opinions, share meaningful experiences, and do "more with music." Participants valued TSW as a new, creative and stimulating experience that enabled connection with self and others and led to feelings of pride and achievement. Our findings further recognize how therapeutic intention and approach were reflected in participants' engagement and responses regardless of dementia stage and type, dyad relationship, or musical background. This research may broaden perspectives and expand understanding about how people with dementia and their family caregivers access and engage in music therapy.

Cohen-Mansfield, Jiska	Non-pharmacological interventions for agitation in dementia: Various strategies demonstrate effectiveness for care home residents; further research in home settings is needed	*Evidence-Based Nursing*	2016	Context Agitation is a set of inappropriate behaviours that are commonly manifested by persons with dementia, with adverse impact for the persons themselves and for their caregivers. Such behaviours often indicate unmet needs. Given the clinical significance of these behaviours and the large and growing body of scientific literature on this topic, it is important to review this literature to make it accessible to clinicians, administrators and policymakers. Methods This review involved a search of multiple publication databases for randomised controlled trials (RCTs) of non-pharmacological interventions for agitation in persons with dementia, with at least 45 participants. Papers were rated for quality using the Centre for Evidence-Based Medicine (CEBM) RCT evaluation criteria. Of 1916 records screened, 160 involved interventions for agitation manifested by persons with dementia. Of those, 127 were excluded because of evaluation criteria, sample size smaller than 45 or non-RCT design, leaving 33 studies for review. Papers were evaluated for quality and categorised to intervention types, such as activities, music therapy, light therapy, caregiver training in person-centred care or communication skills, dementia care mapping and aromatherapy. Because of the small sample of papers, and the heterogeneity in interventions and methodology, the study did not involve a meta-analysis, but rather a qualitative synthesis of the results. Findings Person-centred care and communication skills training with supervision had both long-term and short-term positive effects (based on papers of four author groups). Dementia care mapping had positive short and long-term effects based on one of those papers. Light therapy had negative effects (three papers); sensory interventions (massage, Snoezelen or therapeutic touch) had a short-term effect (five papers). Music and activities had positive short-term effects (three and five papers, respectively). One non-blinded study of aromatherapy found it effective, but a later blinded study did not. Training family caregivers in behaviour management techniques was not effective (four papers
Collingham, Henry; Wallace, Professor Jayne; Crawshaw, Poppy ; Hunt, Liv	Mariana's Song: Materializing Personhood through Non-Linear Multisensory Experiences Designed for People Living with Advanced Dementia	*Proceedings of the 2024 ACM Designing Interactive Systems Conference, DIS 2024*	2024	Mariana's Song is a multisensory experience for care home residents unable to take part in regular activities. Designed to support Personhood through a blended physical/digital installation, it is a user-led experience, centered around video and closely facilitated in concert with expert arts practitioners. The narrative and duration of the interaction is guided by each resident, unique on each viewing, which includes 'sensory props' that guide each resident's experience and stimulate the senses to create a transformative space. We provide a worked example of digital, physical, and spatial design decisions taken to reinforce Personhood for residents with advanced dementia. We present learnings from 106 sessions, facilitated one to one between Artists and residents. We contribute to the literature around designing to Materialize Personhood, informed by Kitwood's 12 key characteristics, as well as Parametricism, a novel approach to non-linear experiences, to support the unique needs of people with advanced dementia.

Conn, David K; Seitz, Dallas P.	Advances in the treatment of psychiatric disorders in long-term care homes	*Current Opinion in Psychiatry*	2010	Purpose of Review: Psychiatric disorders are common among older adults in long-term care (LTC) homes and the LTC population is rapidly growing in many countries. Treatment of psychiatric conditions in this population is challenging given the psychosocial environment and physical frailty of the population. This review highlights some important advances in pharmacological and nonpharmacological interventions in this setting. Recent Findings: There is some evidence to support the use of psychosocial interventions for behavioral symptoms, including those utilizing sensory interventions such as aromatherapy and calming music; behavioral management techniques; cognitive stimulation; physical activity; and staff training. There is also some evidence to support the use of psychotherapies such as reminiscence therapy and cognitive behavior therapy for depression. Recent literature on the pharmacological management of behavioral symptoms of dementia have included studies of the antipsychotic aripiprazole, prazosin, and medication-discontinuation trials along with two negative studies involving melatonin and oxcarbazepine. Summary: The literature on psychosocial interventions for behavioral symptoms associated with dementia has been criticized for lack of vigor, but there is growing evidence from studies with improved methodology that these interventions may confer significant benefits, although the effect sizes are often small or moderate. More well designed trials of pharmacological therapies in the LTC population are also necessary.
Costa, Fiona; Ockelford, Adam; Hargreaves, David J.	The effect of regular listening to preferred music on pain, depression and anxiety in older care home residents	*Psychology of Music*	2018	This research assesses the effect of listening to preferred music on pain, depression and anxiety in older care home residents. One hundred and thirteen participants were randomly allocated to either an experimental or a control group. The former, in addition to their usual routine, listened to a daily 30-minute programme of preferred music over a three-week period. Weekly assessments, using validated measures with some adaptations, evaluated levels of pain, depression and anxiety, each a common disorder in this population. The two groups then crossed over, thus enabling all participants to receive the potential benefits of the music intervention. Results showed statistically significant decreases for each dependent variable with the size of the effect being greater for depression and anxiety than for pain. There were no significant improvements for those in the control group. Additional analysis identified variables that either facilitated or limited the benefits of the music. Those with severe pain were unable to benefit, but those who regarded music as important, listened frequently and whose preferences were accommodated benefited to a greater degree than others. It was concluded that listening to preferred music may benefit many members of the care home population although not all will benefit to the same degree.
Craig, Jacqueline	Music therapy to reduce agitation in dementia	*Nursing Times*	2014	Background Music therapy is a non-pharmacological intervention that aims to increase emotional wellbeing through cognitive stimulation and social interaction. Aim and method I aimed to investigate the efficacy of group music therapy to reduce agitation in people with dementia. To this end, I carried out a systematic review of the literature. Results Eight articles show that music therapy is feasible for use with people with all stages of dementia. The best results involved using familiar music and a qualified group music therapist, with the optimum frequency of intervention being two to three times a week for 30-50 minutes. Control interventions such as reading and recreational activities also reduced agitation. Conclusion Music therapy should be implemented by qualified music therapists in care homes and day care units. Further research should be conducted to ascertain the most suitable music types to be used in therapy sessions.

Cunningham, Stuart; Brill, Mark; Whalley, J. Harry; Read, Rebecca; Anderson, Gordon; Edwards, Sarah; Picking, Richard	Assessing Wellbeing in People Living with Dementia Using Reminiscence Music with a Mobile App (Memory Tracks): A Mixed Methods Cohort Study	*Journal of Healthcare Engineering*	2019	The number of people living with dementia is growing, leading to increasing pressure upon care providers. The mechanisms to reduce symptoms of dementia can take many forms and have the aim of improving the wellbeing and quality of life of the person living with dementia and those who care for them. Besides the person who has dementia, the condition has a profound impact upon their loved ones and carers. One therapeutic approach is the use of music, an area recognised as having potential benefit, but requiring further research. The present paper reports upon a mixed methods cohort study that examines the use of a musical mobile app as a way to promote song-task association in people living with dementia. The study took place in care home environments in the UK. A total of fourteen participants (N = 14) were recruited. Quantitative measurements were taken on a daily basis prior to, and during, use of the mobile app over several weeks. Metrics came from the complete Self-Assessment Manikin scale (arousal, valence, and dominance), and a subset of three from the Quality of Life in Alzheimer's Disease questionnaire (physical health, memory, and life as a whole). Subsequently, semistructured interviews were conducted with staff at the care home to assess the impact of the app upon their role and the residents they care for. No significant differences were found in the combined quantitative measures for the ten (n = 10) sets of responses sufficient to be analysed. However, the qualitative results suggest that use of the mobile app produced positive changes in terms of behaviour, ability, and routine in the life of residents living with dementia. These findings contribute to the growing body of evidence-based research in the field of musical therapies for reducing symptoms of dementia and highlight elements where further study is warranted.
Curtis, Amy; Gibson, Lucy; O'Brien, Mary R; Roe, Brenda H.	Systematic review of the impact of arts for health activities on health, wellbeing and quality of life of older people living in care homes	*Dementia*	2018	Care home populations frequently feature older people who often experience poor physical health and cognitive difficulties, along with vulnerability to psychological and social stressors. To date there has been no systematic review which focuses on the impact of arts for health activities to the care home population. Evidence was sourced from several databases and 71 studies were deemed eligible for inclusion in this review. These studies underwent data extraction and quality appraisal and the findings associated with health, wellbeing and quality of life are presented within this paper.

Dadswell, Anna; Bungay, Hilary; Wilson, Ceri; Munn-Giddings, Carol	The impact of participatory arts in promoting social relationships for older people within care homes	*Perspectives in Public Health*	2020	Aims: Loneliness and social isolation negatively affect wellbeing and quality of life. Despite the proximity of others, older people living in care homes often experience loneliness and social isolation. The impact of participatory arts on wellbeing is widely acknowledged; however, relational impacts have received less attention. This article explores the impact of participatory arts in care homes on the social relationships between older people and older people and care staff. Methods: 'Creative Journeys', an initiative led by Essex County Council, provides opportunities for older people living in care homes to participate in arts activities. In this study, three arts organisations (reminiscence arts, seated dance, and orchestral music participation) delivered participatory arts in three homes. Stage 1 of the research comprised mixed-methods case studies in each home. Stage 2 involved an online survey across care homes in Essex to provide a broader perspective, with follow-up interviews in three further homes, and a focus group with the arts organisations. Findings presented here focus on the qualitative data around the impact of participatory arts on the social relationships in care homes between older people and older people and care staff. Results: Participatory arts enhanced social relationships between older people and between older people and care staff in care homes. Through engagement in shared experiences leading to increased communication and interaction, participatory arts facilitated social connectedness between residents, and changed the relationship dynamics between older people and care staff, thus promoting reciprocity. Conclusion: Participatory arts enable older people to express themselves creatively, and make meaningful contributions to their social relationships. Policy makers and those working in the care sector should consider including participatory arts as an integral and necessary component of quality care for older people living in care homes.

Daffern, Helena; Weatherly, Helen L.A; Saramago, Pedro; Steele, Kim; Greaves, Dana; Kavanagh, Maeve; Cooney, Lucy; Spreadborough, Jake; Honnan, Stephen; Johnston, Daniel; Toomer, Ross	Virtual Choirs in Care Homes: The Development and Early Assessment of a New Virtual Reality Choir Intervention	*Virtual Worlds*	2025	Engaging with music has been shown to have a positive impact on the quality of life of residents in care homes, who are known to be affected by anxiety, depression and loneliness. Based on the known benefits of in-person singing activities, a new Virtual Reality (VR) choir application was developed to facilitate group singing, aiming to improve residents' wellbeing and sense of community. Co-designed with Alzheimer Scotland, the intervention was tested in two care homes for functionality and to develop an approach towards assessing feasibility. Residents participated in scheduled sessions over a five-week period, in addition to staff engaging in independent ad hoc use of the experience with residents. Data on reactions to the intervention, the quality of life of participants and preferences about the outcome instruments were collected. The VR intervention proved technically successful, user-friendly, and allowed multiple users to sing together. Participants and staff showed strong enthusiasm for the intervention, with residents actively engaging in singing and movement, although some residents found the headsets uncomfortable. This suggests that VR choirs could be a valuable, scalable activity in care homes, especially when in-person facilitators are unavailable. Preliminary observations indicated that the intervention was not detrimental to participants' health; however, the sample size was very small and a larger feasibility study is required to examine the intervention's effectiveness, scalability, and cost-effectiveness. This research highlights the challenges associated with measuring the feasibility of VR interventions in residential care settings, and the value of capturing qualitative data in an ecological setting that represents the intended use of the intervention.
Dahms, Rebecca; Haesner, Marten	Importance of music in biographies of people with dementia	*Advances in gerontology = Uspekhi gerontologii*	2018	Recent research on music and music-based interventions for people with dementia (PwD) is focused on changes of psychological and cognitive functions. Little is known about the role of biography in the importance of music to PwD. A qualitative study was conducted to identify the phases of their life in which PwD were influenced by music. 20 semi-structured interviews with PwD from nursing homes and PwD cared for at home were conducted. Additionally, their relatives were interviewed separately. The results were analysed relating to four categories divided into past and present with the aim of identifying the changes in daily routine and challenges for everyday care. First access to music and education mostly were built in the family setting. Social participation e.g. music activities, listening to music and playing instruments changed dramatically with the onset of dementia. Moreover, PwD generally needed assistance in participating in those activities. The dependency on their caregivers and inability to express their needs leads to a daily routine without music. There is a need of trained professionals motivating and assisting PwD to attend musical activities. In addition, care homes should offer more music activities and music therapy for PwD with various stages of dementia. Moreover, care institutions should implement music questionnaire in the patient's file regarding musical preferences.

David, Justin; Yeung, Michelle; Vu, John T; Got, Tiffany C; Mackinnon, Chelsea	Connecting the young and the young at heart: an intergenerational music program: Program Profile	*Journal of Intergenerational Relationships*	2018	Due to its universal appeal, music can bridge intergenerational gaps and improve overall quality of life. Many intergenerational programs have thus increasingly incorporated music into their design; however, the Hamilton Intergenerational Music Program (HIMP) is unique in that it focuses on general music participation as opposed to singing-only programming. Three elementary schools and long-term care homes were contacted and matched based on proximity to one another. Program facilitators ran four successive weeks of intergenerational music sessions. Activities included training the children how to interact with elderly participants, facilitating conversation with icebreakers, and performing music together. Qualitative feedback was gathered after each visit and comprised of observations from program facilitators and participants. Several benefits were observed following program visits such as the reduction of age-related stereotypes, improved participant morale, enhanced cognitive function, and development of meaningful relationships. While leaving the sessions, children recall positive interactions with the seniors, lament that their time together ended too quickly, and express excitement for the next session. The older adults articulate similar sentiments and ask children to return soon. With the countless lessons learned from the current program, much can be drawn to inform future expansion and implementation to other communities.
de Nys, Len; Oyebola, Esther F; Connelly, Jenni; Ryde, Gemma Cathrine; Whittaker, Anna C.	Digital music and movement intervention to improve health and wellbeing in older adults in care homes: a pilot mixed methods study	*BMC Geriatrics*	2024	Background: Low physical activity among older adults is related to adverse health outcomes such as depression and loneliness, poor physical function and increased risk of falls. This study was designed to increase physical activity through a digital, group-based, physical activity and music intervention and to examine its effectiveness on social, mental and physical health outcomes. Methods: Participants were 34 older adults (65 years +) recruited across four care homes in Scotland to a pilot study. Surveys were administered at baseline and post-intervention, comprising measures of fear of falling, depression and anxiety, loneliness, sleep satisfaction and quality of life. A battery of physical function tests and saliva sampling for cortisol and dehydroepiandrosterone hormone analysis were also conducted at each time point. Additionally, process evaluation measures (recruitment, intervention fidelity, attendance, retention rates and safety) were monitored. The intervention comprised 12 weeks of three prescribed digital sessions per week: movement and music (n = 2) and music-only (n = 1), delivered by an activity coordinator in the care home. Post-intervention interviews with staff and participants were conducted to gain qualitative data on the acceptability of the intervention. Results: An average of 88% of prescribed sessions were delivered. Pre- to post-intervention intention-to-treat analysis across all participants revealed significant improvements in anxiety, salivary DHEA, fear of falling and loneliness. There were no significant improvements in health-related quality of life, perceived stress, sleep satisfaction or physical function tests, including handgrip strength. Qualitative analysis highlighted benefits of and barriers to the programme. Conclusions: The digital movement and music intervention was deemed acceptable and delivered with moderate fidelity, justifying progression to a full-scale trial. Although a proper control group would have yielded more confident causal relationships, preliminary psychosocial and biological effects were evident from this trial. To show significant improvements in physical function, it is likely that a bigger sample size providing sufficient power to detect significant changes, greater adherence, longer intervention and/or higher exercise volume may be necessary. Trial registration: The trial is registered at ClinicalTrials.gov, number NCT05601102 on 01/11/2022.

Doric-Henry, Lee	Pottery as Art Therapy with Elderly Nursing Home Residents	*Art therapy*	1997	An art therapy intervention using an eight-session pottery class based on the Eastern Method throwing technique was implemented with 20 elderly nursing home residents, with the aim of improving their psychological well-being. Quantitative evaluation was based on Hebl and Enright (1993) and employed a quasi-experimental design measuring the participants' self-esteem, depression, and anxiety compared with 20 nonparticipating elderly residents of the nursing home. Qualitative evaluation included client self-evaluations, case progress notes, journal notes, and photographs. Following the intervention, the participating group showed significantly improved measures of self-esteem, and reduced depression and anxiety at posttest relative to the comparison group. Implications for art therapy intervention with institutionalized elderly and further research are discussed.
ED de Bruin, H Baur, Y Brulhart, E Luijckx, T Hinrichs, S Rogan	Combining Stochastic Resonance Vibration With Exergaming for Motor-Cognitive Training in Long-Term Care; A Sham-Control Randomized Controlled Pilot Trial		2021	Purpose: Physical and mental functions allow classifying older adults as “Go-Go” (independent functioning); “Slow-Go” (in need of care with a slight handicap); and “No-Go” (in need of care with severe functional limitation). The latter group exhibits reduced exercise tolerance. More recently technology-based motor-cognitive types of training services emerged as a possible training service. This study examined the use of technology including stochastic resonance whole-body vibration and Exergame-dance training for motor-cognitive training in care home dwelling adults. Methods: Seventeen older adults (10 women, 7 men, age range: 79–98) were randomly assigned to the intervention (IG, n = 9) or the sham group (SG, n = 8). IG performed five sets of 1-min whole-body vibration with 1-min rest in between, three times a week for the first 4 weeks of the training period with varying frequency. From weeks five to eight the Exergame-dance training was conducted after the vibration sessions. SG performed a stochastic resonance whole-body vibration training with the same terms applied, however, with a fixed frequency of 1 Hz, Noise 1. From weeks five to eight a passive trampoline-programme of 5 min was applied following the vibration sessions. Primary outcome was the Short Physical Performance Battery (SPPB). Secondary outcomes were the Trail Making Test A and B (TMT A & B) and the Falls Efficacy Scale–International (FES-I). Outcomes were measured at baseline, after 4 and 8 weeks of intervention and at follow-up (4 weeks after the intervention). The non-parametric Puri and Sen rank-order test was applied, followed by an ANOVA for repeated measures to analyse main and interaction effects. Mann–Whitney U-Test was used to determine differences between the groups. Results: The post-hoc analysis showed significant effects on the SPPB total score with large effect sizes from baseline to 8 weeks (+72%, p = 0.005, η2 = 0.423). The TMT part B displayed significant improvements with large effect sizes from baseline to 8 weeks (+17.5%, p = 0.002, η2 = 0.779) and to follow-up (+21%, p = 0.001, η2 = 0.827). Conclusion: The technology based 8-week training programme consisting of a combination of stochastic resonance whole-body vibration and Exergame-dance training showed beneficial effects on both physical and cognitive performance in older care home dwelling adults.

Edwards, Heather; Oppikofer, Sandra; Aschwanden, Damaris	The use of audio-biographical cues in dementia care: a four-year evaluation in Swiss hospitals, care, and domestic homes	*Frontiers in Dementia*	2024	Introduction: In dementia care, the integration of innovative interventions is essential to enhancing the wellbeing and quality of life of people with dementia. Among these interventions, the Music Mirror intervention has emerged as a promising tool to provide personalized audio-biographical cues aimed at soothing, motivating, and engaging people with dementia. This study examined the effects of a Music Mirror intervention on the (a) wellbeing, emotions, and behavioral and psychological symptoms of 155 individuals with dementia, (b) perceived burden, relationship quality, and gains of their informal/formal caregivers, and (c) momentary closeness, wellbeing and stress of caregivers. Methods: This four-year study employed a quasi-experimental waiting-control group design, utilizing before-after measurements in Swiss hospitals, care homes, and domestic homes. For four 6-week intervention phases, Music Mirrors, i.e., brief written resources of acoustic material, associated with practical activities of daily life, were applied at least twice a week by the caregivers during critical moments such as staff handover. Repeated measures' analysis of variance and other tests were used to analyze the data. Results: Individuals with dementia had a higher wellbeing after the Music Mirror use across different care situations. While the Music Mirrors were played, individuals with dementia showed more positive than negative emotions at each measurement occasion, but emotion scores did not significantly change over time. After the MM use, caregivers felt better, closer to the person with dementia, and less stressed. Caregivers also reported significant gains at the end of the intervention. However, there were no significant changes in the frequency of the behavioral and psychological symptoms of dementia, care-related burden and relationship quality over time, regardless of the treatment condition. Discussion: By incorporating personalized audio-biographical cues into their care routines, the wellbeing of people with dementia was improved as well as it had positive momentary effects on their caregivers. The Music Mirror intervention addresses the preferences and needs of people with dementia and helps build bonds between care-recipients and caregivers. Therefore, Music Mirrors can be seen as a highly adaptive and individualized instrument to improve momentary wellbeing of people with dementia in various care situations during daily life.

Edwards, Katie Jane; Jones, Ray B; Shenton, Deborah; Page, Toni; Maramba, Inocencio D.C; Warren, Alison; Fraser, Fiona; Križaj, Tanja; Coombe, Tristan; Cowls, Hazel; Chatterjee, Arunangsu	The Use of Smart Speakers in Care Home Residents: Implementation Study	*Journal of Medical Internet Research*	2021	Background: The use of smart speakers to improve well-being had been trialed in social care by others; however, we were not aware of their implementation in most care homes across a region in the Southwest of the United Kingdom. For the widespread adoption of new technology, it must be locally demonstrable and become normalized. Objective: The aim of this study was to install smart speakers in care homes in a rural and coastal region and to explore if and how the devices were being used, the barriers to their implementation, and their potential benefits. Methods: Email, workshops, drop-in sessions, phone, and cold calling was used to contact all 230 care homes, offering a free smart speaker and some advisory support. Care homes accepting the devices were asked to complete a feedback diary. Nonresponse rate for diary completion was high and was thus supplemented with a telephone survey. Results: Over the course of 7 months, we installed 156 devices in 92 care homes for older people, 50 devices for people with physical or mental health needs, and 8 for others. The devices were used mainly for music but also for poetry, recipes, light controls, jokes, and video calls. Care home managers reported the benefits for the residents, including enhanced engagement with home activities, enjoyment, calming effects, and the acquisition of new skills. Implementation problems included internet connectivity, staff capacity, and skills. Conclusions: Affordable consumer devices such as smart speakers should be installed in all care homes to benefit residents. Voice-activated technologies are easy to use and promote interaction. This study indicates that implementation in care homes was possible and that smart speakers had multifaceted benefits for residents and staff. Most care homes in this region now use smart speakers for their residents, thereby normalizing this practice.
Evans, Simon Chester; Bray, Jennifer; Garabedian, Claire E.	Supporting creative ageing through the arts: the impacts and implementation of a creative arts programme for older people	*Working with Older People*	2022	Purpose: The purpose of this paper is to report on an independent evaluation of a three-year “Creative Ageing” programme, focussing on the impacts for participants and factors promoting successful delivery of sessions. Design/methodology/approach: Artists provided feedback through reflective journals and questionnaires, while the views of care staff and participants were also captured in a standard format at the end of each arts session. Thematic analysis of the qualitative data identified common themes. Findings: Twenty-three arts projects were delivered across a range of settings and through diverse art forms including dance, drama, music, visual arts and poetry. They reached nearly 2,200 participants who recorded over 8,100 session attendances in total. Participation in high quality creative experiences improved well-being for older people, as well as increasing social interaction and reducing isolation. Several factors facilitated successful implementation and delivery of the activities, particularly the need to hold planning meetings with staff to provide guidance around participant numbers and suitability, minimising disruption of the sessions and the supportive role of staff during the sessions. Opportunities for reflection enabled artists to address potential challenges and adapt their practice to meet the needs and preferences of participants and to the complexities of diverse settings. Originality/value: Previous research has largely focussed on the impact of activities in a single setting. This study supports the role of creative arts in increasing social interaction as an attempt to tackle isolation and loneliness, both for older people living in the community and for those living in a communal setting such as care homes and supported living schemes.

Feng, Xin; Dang, Weibo; Apuke, Oberiri Destiny	How does group music therapy help in combating the anxiety and depression of dementia patients? A quasi-experimental investigation	*Archives of Psychiatric Nursing*	2024	This study looked at the effect of group music therapy on dementia patients' levels of feelings of depression and anxiety. Quasi-experiment was carried out (N = 121) in which patients were randomly divided into a control (N = 61) and an experimental group (N = 60). Following a six-weeks, twelve-sessions trial involving both passive and active music therapy, it was discovered that the music group therapy intervention decreased the anxiety and depression levels of dementia patients in the experimental group as compared to the control group, which did not receive any music therapy. It was also noted that after three months of follow-up, participants in the experimental group still maintained a low level of anxiety and depression, but the control group's level remained high, therefore, substantiating the effect of music in lowering anxiety and depression among older ones. We urge the nursing discipline, medical professionals, carers, and care homes to include music therapy in the care they provide for patients with dementia.
Garabedian, Claire E; Kelly, Fiona	Haven: Sharing receptive music listening to foster connections and wellbeing for people with dementia who are nearing the end of life, and those who care for them	*Dementia*	2020	This paper reports on research exploring the effects of music played for 12 dyads: a care home resident ('resident') with dementia and someone closely connected to him/her ('carer'). Six individualised music interventions (3 live and 3 pre-recorded) were played by the first author on solo cello within five Scottish non-NHS care homes. All interventions were video-recorded. Semi-structured interviews with carer participants, key staff, and managers explored their responses to interventions. Thick descriptions of video recordings and interview transcripts were thematically coded using Nvivo. A key finding was that structural elements of the interventions combined with characteristics of the music played facilitated an internalised experience of 'haven'; sonically transporting listeners away from their present reality and fulfilling the basic human needs for inclusion, comfort, identity, occupation and attachment.
Garland, Kathryn; Beer, Edwina; Eppingstall, Barbara; O'Connor, Daniel W	A Comparison of Two Treatments of Agitated Behavior in Nursing Home Residents With Dementia: Simulated Family Presence and Preferred Music	*American journal of geriatric psychiatry*	2007	The objective of this study was to compare the effectiveness of two individualized psychosocial treatments in reducing the frequency of physically and verbally agitated behaviors in nursing home residents whose dementia was complicated by marked behavioral disturbance. Thirty nursing home residents with frequent, severe behavioral disturbances were observed by research staff before, during, and after multiple, randomized, single-blind exposures to 15-minute audiotapes of simulated family presence (a conversation prepared by a family member about positive experiences from the past), music preferred by the resident in earlier life, and a placebo condition of a reading from a horticultural text. Selected (usually multiple) physical and verbal behaviors were counted as present or absent at regular intervals. All three treatment conditions were compared with usual care. Simulated presence and preferred music both proved effective in reducing counts of physically agitated behaviors. Simulated presence, but not music, resulted in significantly reduced counts of verbally agitated behaviors. The placebo tape proved more effective than expected. Participants' responses to simulated presence and music varied widely. Behavior counts fell by one-half or more in many cases. Other residents became more agitated. Participants' better-than-expected responses to the placebo tape suggest that even the simplest technology can improve the lives of confused, disturbed nursing home residents. Of the two psychosocial treatments, preferred music tapes were easier to make and were clearly helpful in many instances. By contrast, family members often struggled to recall enough happy memories to compile a simulated presence tape. Simulated presence might prove just as effective if relatives speak on topics of their own choosing. Although not all residents were helped by these treatments, adverse effects were mild and shortlived.

Garrido, Sandra; Stevens, Catherine J; Chang, Esther M.L; Dunne, Laura; Perz, Janette M.	Musical Features and Affective Responses to Personalized Playlists in People With Probable Dementia	*American Journal of Alzheimer's Disease and other Dementias*	2019	Objectives: Personalized music playlists are increasingly being utilized in aged care settings. This study aims to investigate how musical features influence the affective response to music of people with probable dementia. Methods: A factorial experiment (2 × 2 × 3) was conducted to investigate the influence of tempo (fast, slow), mode (major, minor), and lyrics (none, negative, positive). Ninety-nine people with probable dementia were randomly assigned to 3 conditions, listening to 3 personalized playlists. Galvanic skin response and activation of facial action units were measured. Results: Music with fast tempos increased arousal and reduced enjoyment. Music in minor keys increased activation of the depressor anguli oris, suggesting increased sadness. Lyrics had no significant effect on response. Discussion: The findings demonstrate that both tempo and mode influenced the response of the listener. As well as accounting for personal preferences, music for people with dementia should be carefully targeted toward the affective outcome desired.
Gaviola, Minah Amor; Searles, Andrew M; Dilworth, Sophie; Higgins, Isabel Johanna; Holliday, Elizabeth G; Inder, Kerry Jill	Estimating the cost of an individualised music intervention for aged care residents with dementia	*Nursing Older People*	2022	Background Individualised music listening has been shown to reduce agitation and improve mood in people with dementia. However, there is a paucity of research describing the cost of implementing such interventions in residential care settings for older people. Aim To determine the cost of implementing an individualised music intervention for older people with dementia in residential aged care in Australia. Method A simple cost analysis was undertaken to determine the cost of delivering the individualised music intervention to 32 older people with dementia at two residential aged care facilities in New South Wales. The analysis took into consideration the operating, training and delivery costs, as well as the costs of purchasing the music equipment and downloads. Results The cost of delivering the individualised music intervention was found to be AU$6,623.76 per year – or AU$3.98 per resident per week, at 2017 values. At 2022 values, this equates to an annual cost of AU$7,130.07 (£4,031.85) for 32 residents and a weekly cost of AU$4.28 (£2.42) per resident per week. Conclusion The cost of implementing the individualised music intervention was relatively low compared with the overall cost of residential aged care for older people with dementia.
Gibson, Janet Louise	Dementia, Narrative and Performance: Staging Reality, Reimagining Identities	*Dementia, Narrative and Performance: Staging Reality, Reimagining Identities*	2020	Focusing mainly on case studies from Australia and the United States of America, this book considers how people with dementia represent themselves and are represented in 'theatre of the real' productions and care home interventions, assessing the extent to which the 'right kind' of dementia story is being affirmed or challenged. It argues that this type of story — one of tragedy, loss of personhood, biomedical deficit, and socio-economic 'crisis — produces dementia and the people living with it, as much as biology does. It proposes two novel ideas. One is that the 'gaze' of theatre and performance offers a reframing of some of the behaviours and actions of people with dementia, through which deficit views can be changed to ones of possibility. The other is that, conversely, dementia offers productive perspectives on'theatre of the real'. Scanning contemporary critical studies about and practices of 'theatre of the real' performances and applied theatre interventions, the book probes what it means when certain 'theatre of the real' practices (specifically verbatim and autobiographical) interact with storytellers considered, culturally, to be 'unreliable narrators'. It also explores whether autobiographical theatre is useful in reinforcing a sense of 'self' for those deemed no longer to have one. With a focus on the relationship between stories and selves, the book investigates how selves might be rethought so that they are not contingent on the production of lucid self-narratives, consistent language, and truthful memories.

Goddaer, Jan; Abraham, Ivo L	Effects of relaxing music on agitation during meals among nursing home residents with severe cognitive impairment	*Archives of psychiatric nursing*	1994	Relaxing music was hypothesized to buffer the general noise level typically found in dining rooms of nursing homes, exert a calming effect, and thus reduce agitated behaviors among residents with severe cognitive impairment. Twenty-nine nursing home residents with severe cognitive deficits participated in a 4-week protocol in which, following baseline observations (week 1), relaxing music was introduced (week 2), removed (week 3), and reintroduced (week 4). Subjects were observed in terms of total number of behaviors of the Cohen-Mansfield Agitation Inventory present during a given week, and the number of behaviors present on the subscales of aggressive, physically nonaggressive, verbally agitated, and hiding/hoarding behaviors. Significant reductions were observed on the cumulative incidence of total agitated behaviors (63.4%); as well as the cumulative incidence of physically nonaggressive behaviors (56.3%) and verbally agitated behaviors (74.5%). No significant reductions were noted in terms of aggressive behaviors and hiding/hoarding behaviors. Where significant reductions were achieved, a distinct pattern was observed. Agitation decreased during week 2, increased again during week 3, only to decrease again in week 4. In addition, variance effects were noted as well, as ranges and standard deviations of agitated behaviors narrowed over time. These findings are interpreted within Hall and Buckwalter's (1988) model of a progressively lowered stress threshold among dementia patients.

Gotell E., Brown S., Ekman S.-L.	The influence of caregiver singing and background music on vocally expressed emotions and moods in dementia care: A qualitative analysis	*International Journal of Nursing Studies*	2007	Background Music and singing are considered to have a strong impact on human emotions. Such an effect has been demonstrated in caregiving contexts with dementia patients. Objectives The aim of the study was to illuminate vocally expressed emotions and moods in the communication between caregivers and persons with severe dementia during morning care sessions. Design Three types of caring sessions were compared: the “usual” way, with no music; with background music playing; and with the caregiver singing to and/or with the patient. Participants and setting Nine persons with severe dementia living in a nursing home in Sweden and five professional caregivers participated in this study. Methods Qualitative content analysis was used to examine videotaped recordings of morning care sessions, with a focus on vocally expressed emotions and moods during verbal communication. Results Compared to no music, the presence of background music and caregiver singing improved the mutuality of the communication between caregiver and patient, creating a joint sense of vitality. Positive emotions were enhanced, and aggressiveness was diminished. Whereas background music increased the sense of playfulness, caregiver singing enhanced the sense of sincerity and intimacy in the interaction. Conclusion Caregiver singing and background music can help the caregiver improve the patient's ability to express positive emotions and moods, and to elicit a sense of vitality on the part of the person with severe dementia. The results further support the value of caregiver singing as a method to improve the quality of dementia care.

Guzmán-García, Azucena; Hughes, Julian C; James, Ian Andrew; Rochester, Lynn	Dancing as a psychosocial intervention in care homes: A systematic review of the literature	*International Journal of Geriatric Psychiatry*	2013	Background There is a need to find meaningful and engaging interventions to improve mood and behaviour for residents of care homes. The demand on care staff might diminish opportunities for them to encourage these activities. Staff anecdotal information attests that dancing as an activity improves mood in residents and staff. Hence, the importance of investigating what dancing brings to the care home social environment. Aims To provide a systematic review of the evidence from studies related to dancing interventions for older people with dementia living in care homes. Method Electronic databases were searched. Previous reviews were also included, and recognised experts were consulted up to January 2012. Inclusion criteria considered study methodology and evidence that the impact of the dance intervention had been measured. Results Ten studies were identified that satisfied the inclusion criteria: seven qualitative and three quantitative. Studies used different approaches such as therapeutic dance, dance movement therapy, dance therapy, social dancing and psychomotor dance-based exercise. There was evidence that problematic behaviours decreased; social interaction and enjoyment in both residents and care staff improved. A few adverse effects were also acknowledged. Conclusion The evidence on the efficacy of dancing in care homes is limited in part owing to the methodological challenges facing such research. This review aims to raise awareness of the possibility of implementing dance work as an engaging activity in care homes. We shall also consider options for future dance work research as a means to encourage relationships and sensory stimulation for both residents and staff.
Guzman, Azucena; Freeston, Mark H; Rochester, Lynn; Hughes, Julian C; James, Ian Andrew	Psychomotor Dance Therapy Intervention (DANCIN) for people with dementia in care homes: A multiple-baseline single-case study	*International Psychogeriatrics*	2016	Related to study 95. Background: A Psychomotor DANCe Therapy INtervention (DANCIN) using Latin Ballroom (Danzón) in care homes has previously been shown to enhance well-being for both residents with dementia and staff. The aim of this study was to understand the effect of this approach on the mood and behavior of individual people living with mild to moderate dementia. Method: A multiple-baseline single-case study across two care homes and one nursing home with 3-6 weeks baseline, 12-weeks DANCIN (30 minutes/twice-weekly sessions), and 12-weeks follow-up was conducted. Seventeen items from the Dementia Mood Assessment Scale (DMAS) outcome measure were adapted with input from senior staff to match participants' behavior and mood symptoms. Daily monitoring diaries were collected from trained staff on reporting individualized items for ten residents. Data were analyzed, using a non-parametric statistical method known as Percentage of All Non-Overlapping Data (PAND) which provides Phi effect size (ES). Medication use, falls, and life events were registered. Results: Seven residents participated throughout DANCIN whilst three became observers owing to health deterioration. One participant showed adverse effects in three DMAS items. Nine participants, dancers and observers, showed a small to medium magnitude of change (PAND) in 21 DMAS items, indicating a decrease in the frequency of behavior and mood indices which were regarded as problematic; eight items showed no change. Conclusion: Despite methodological challenges, the DANCIN model has the potential to facilitate and sustain behavior change and improve mood (e.g. decrease irritability, increase self-esteem) of the residents living with dementia. The study was conducted in two care homes and one nursing home, strengthening the interventions' validity. Findings suggest DANCIN is appropriate for a larger controlled feasibility study.

Guzman, Azucena; Robinson, Lisa J; Rochester, Lynn; James, Ian Andrew; Hughes, Julian C.	A process evaluation of a Psychomotor Dance Therapy Intervention (DANCIN) for behavior change in dementia: Attitudes and beliefs of participating residents and staff	*International Psychogeriatrics*	2017	Background: In a previous paper, we presented results from a 12-week study of a Psychomotor DANCe Therapy INtervention (DANCIN) based on Danzón Latin Ballroom that involves motor, emotional-affective, and cognitive domains, using a multiple-baseline single-case design in three care homes. This paper reports the results of a complementary process evaluation to elicit the attitudes and beliefs of home care staff, participating residents, and family members with the aim of refining the content of DANCIN in dementia care. Methods: An external researcher collected bespoke questionnaires from ten participating residents, 32 care home staff, and three participants' family members who provided impromptu feedback in one of the care homes. The Behavior Change Technique Taxonomy v1 (BCTTv1) provided a methodological tool for identifying active components of the DANCIN approach warranting further exploration, development, and implementation. Results: Ten residents found DANCIN beneficial in terms of mood and socialization in the care home. Overall, 78% of the staff thought DANCIN led to improvements in residents' mood; 75% agreed that there were improvements in behavior; 56% reported increased job satisfaction; 78% of staff were enthusiastic about receiving further training. Based on participants' responses, four BCTTv1 labels-Social support (emotional), Focus on past success and verbal persuasion to boost self-efficacy, Restructuring the social environment and Habit formation-were identified to describe the intervention. Residents and staff recommended including additional musical genres and extending the session length. Discussions of implementing a supervision system to sustain DANCIN regularly regardless of management or staff turnover were suggested. Conclusions: Care home residents with mild to moderate dementia wanted to continue DANCIN as part of their routine care and staff and family members were largely supportive of this approach. This study argues in favor of further dissemination of DANCIN in care homes. We provide recommendations for the future development of DANCIN based on the views of key stakeholder groups.

H. M. O. Ridder, Stige, B, Qvale, LG, Gold, C	Individual music therapy for agitation in dementia: An exploratory randomized controlled trial.	*Aging and Mental Health*	2013	Objectives: Agitation in nursing home residents with dementia leads to increase in psychotropic medication, decrease in quality of life, and to patient distress and caregiver burden. Music therapy has previously been found effective in treatment of agitation in dementia care but studies have been methodologically insufficient. The aim of this study was to examine the effect of individual music therapy on agitation in persons with moderate/severe dementia living in nursing homes, and to explore its effect on psychotropic medication and quality of life. Method: In a crossover trial, 42 participants with dementia were randomized to a sequence of six weeks of individual music therapy and six weeks of standard care. Outcome measures included agitation, quality of life and medication. Results: Agitation disruptiveness increased during standard care and decreased during music therapy. The difference at -6.77 (95% CI (confidence interval): -12.71, -0.83) was significant (p = 0.027), with a medium effect size (0.50). The prescription of psychotropic medication increased significantly more often during standard care than during music therapy (p = 0.02). Conclusion: This study shows that six weeks of music therapy reduces agitation disruptiveness and prevents medication increases in people with dementia. The positive trends in relation to agitation frequency and quality of life call for further research with a larger sample.
Hagen, Brad; Armstrong-Esther, Chris; Sandilands, Mark	On a happier note: validation of musical exercise for older persons in long-term care settings	*International journal of nursing studies*	2003	This paper describes a quasi-experimental study of a musical exercise intervention to improve the physical, cognitive, behavioral status and life satisfaction of older residents in a long-term care facility in the United Kingdom. Twenty long-term care residents from three different units (n=60) were recruited and assigned to one of three groups: a control (C) group (no intervention), an occupational therapy (OT) group (comparison group) and a music exercise group (intervention group). Assessments of physical and cognitive status were made pre-intervention and repeated at the end of the 10-week exercise program and again 10 weeks after the completion of the program. The results show that both OT and exercise participation is associated with improvement in physical and cognitive function. However, the exercise group showed significant improvement in more areas than the OT group. The functional benefits from OT and exercise were not sustainable after these activities ceased and showed significant decline 10 weeks after the end of the programs.

Hamiduzzaman, Mohammad; Kuot, Abraham; Greenhill, Jennene A; Strivens, Edward; Parajuli, Daya Ram; Isaac, Vivian	Person-Centred, Culturally Appropriate Music Intervention to Improve Psychological Wellbeing of Residents with Advanced Dementia Living in Australian Rural Residential Aged Care Homes	*Brain Sciences*	2023	This quasi-experimental, nonrandomized intervention study reports the effect of person-centred, culturally appropriate music on psychological wellbeing of residents with advanced dementia in five rural residential aged care homes in Australia. Seventy-four residents attended in person-centred music sessions and culturally appropriate group sessions. Interest, response, initiation, involvement, enjoyment, and general reactions of the residents were assessed using the Music in Dementia Assessment Scale (MiDAS), and interviews and focus groups were conducted with aged care staff and musicians. The overall effect of person-centred sessions at two-time points were: during the intervention—351.2 (SD 93.5); and two-hours post intervention—315.1 (SD 98.5). The residents presented a moderate to high level of interest, response, initiation, involvement, and enjoyment during the session and at post-intervention. However, the MiDAS sub-categories' mean scores differed between the time-points: interest (t<inf>59</inf> = 2.8, p = 0.001); response (t<inf>59</inf> = 2.9, p = 0.005); initiation (t<inf>59</inf> = 2.4, p = 0.019); and involvement (t<inf>59</inf> = 2.8, p = 0.007), indicating a significant decline in the effect of person-centred music over time. Interestingly, during the period of time, most of the residents were observed with no exhibitions of agitation (87.5%), low in mood (87.5%), and anxiousness (70.3%), and with a presentation of relaxation (75.5%), attentiveness (56.5%), and smiling (56.9%). Themes from qualitative data collected regarding culturally appropriate group music sessions were behavioural change, meaningful interaction, being initiative, increased participation, and contentment. The findings suggest that the integration of music into care plans may reduce the residents' agitation and improve their emotional wellbeing in rural aged care homes.
Hammar L. M., Emami A., Engstrom G., Gotell E.	Finding the key to communion – Caregivers' experience of 'music therapeutic caregiving' in dementia care: A qualitative analysis	*Dementia*	2010	'Music therapeutic caregiving' (MTC), when caregivers sing for or together with persons with dementia (PWDs) during caring situations, has been suggested as a way to reduce PWDs' behavioral and psychological symptoms of dementia (BPSD). An intervention was designed to elucidate what influences MTC might have on PWDs and their caregivers. The aim was to describe professional caregivers´ experiences of caring for PWDs during morning care situations without and with MTC. Group interviews were conducted, and a qualitative content analysis was performed. Two themes were revealed. The first (without MTC), Struggling for care in communion, encompassed four sub-themes: Hampered communication; Physical and mental struggle with aggression; Struggling with ethical demands; and The reward – consolation and love. The second theme (with MTC), Consolidating care in communion, encompassed two sub-themes: awakening cooperation, and feeling of well-being. The authors conclude that MTC could be used to help caregivers provide improved care.

Harmer, Barbara J; Orrell, Martin William	What is meaningful activity for people with dementia living in care homes? A comparison of the views of older people with dementia, staff and family carers	*Aging and Mental Health*	2008	Background: Older people with dementia living in care homes often lack appropriate activities. Although homes are expected to offer a range of activities to meet residents' needs, little is known about what makes activities meaningful for people with dementia. This study explores concepts of meaningful activity, as defined by older people with dementia living in care homes, staff and family carers. Method: This qualitative study used focus groups including 17 residents, 15 staff and eight family carers from three care homes. Transcripts of the groups were subjected to thematic content analysis using a grounded theory approach. Results: Four activity themes emerged-'reminiscence', 'family and social', 'musical' and 'individual'. There were also two related themes-'lack of meaningful activity' and 'what makes activity meaningful'. Residents found meaning in activities that addressed their psychological and social needs, which related to the quality of the experience of an activity rather than specific types of activities. In contrast, staff and family carers viewed activities that maintained physical abilities as meaningful. Conclusion: People with dementia staff and carers had differing views about what made activities meaningful. Organisational limitations and social beliefs limited the provision of meaningful activities for this population. The study also indicates areas for improving activity provision in care homes.
Hatton, Nicky	Performance and dementia: A cultural response to care	*Performance and Dementia: A Cultural Response to Care*	2021	This book explores how theatre and performance can change the way we think about dementia and some of the environments in which dementia care takes place. Drawing on the author's creative practice and other performance projects in the UK, it explores some of the challenges and opportunities of making performance in care homes. Rather than focusing on the transformative potential of the arts, it asks how artists can engage with the different types of relationships that exist in a care community. These include the relationships that residents and staff have with each other as well as relationships with care spaces. Exploring the intersection between participatory performance and the everyday creativity of a care home, it argues that the arts have a cultural role to play in supporting dementia care as a relational practice. Moreover, it celebrates the intrinsic creativity of caregiving and how principles and practices of care work can inform theatre and performance in diverse ways.
Ho, Shu-Yuan; Lai, Hui-Ling; Jeng, Shaw-Yeu; Tang, Chih-wei; Sung, Huei-Chuan; Chen, Pin-Wen	The Effects of Researcher-Composed Music at Mealtime on Agitation in Nursing Home Residents With Dementia	*Archives of psychiatric nursing*	2011	This study examined the effects of music at mealtimes on agitation in 22 nursing home residents with dementia. We used a pretestposttest research design. We played researcher-composed music to residents at each of two mealtimes daily over a consecutive 4-week period. We observed and re-corded agitation 24 hours daily for the 4-week period and the following 2-week period. Results revealed a significant decline in mean agitation scores. A cumulative dose effect and a short-term linger effect were observed. Findings suggest that soothing music may be beneficial in managing agitation in nursing home residents with dementia.

Hodgson, Philip; Cook, Glenda Anne; Johnson, Amy; Abbott-Brailey, Hilary	Ageing Well with Creative Arts and Pets: The HenPower Story	*Activities, Adaptation and Aging*	2023	HenPower is a programme that enables older people who live with dementia in care homes to take part in hen-keeping and hen-related creative activities. It was introduced into UK care homes to address evidence suggesting older adults who live with dementia in care homes can experience diminished personal wellbeing. This study aimed to 1) assess the impact of HenPower on people who have dementia who are living in a care home and 2) explore care home staff views and experiences of the HenPower programme. A nested qualitative design was adopted, utilizing observation of 29 older people who live in a care home and 25 staff individual and small-group interviews. Five themes emerged: ongoing meaningful engagement with hens, self-expression through creative activities, improved mood and participation, improved social interaction, and enhanced living environment. HenPower offers potential wellbeing benefits to older people living in care homes, many of which echo with existing evidence on non-pharmacological approaches.
Hong I. S., Choi M. J.	Songwriting oriented activities improve the cognitive functions of the aged with dementia	*The Arts in Psychotherapy*	2011	This study investigates the effects of songwriting oriented activities on the cognitive functions of the aged with dementia. The music therapy program employing songwriting related activities consisted of three stages: stage 1, preparing songwriting for finding preferred songs, stage 2, doing songwriting, and stage 3, reinforcing songwriting. Experiments were carried out with 30 elderly persons housed in a nursing home for 16 weeks. The subjects were divided into the control group and the experimental group, and each group had 15 subjects randomly allocated. The experimental group underwent the songwriting program for 60 min per week for 16 weeks. MMSE-K was used to assess the cognitive functions of the subjects. The results showed that the MMSE-K score of the experimental group increased by 3.8 points (26.0%) from 14.6 to 18.4 ($p = 0.001$) after intervention. The three sub-items of "language function", "orientation", and "memory" rose significantly ($p < 0.01$) by 40.4%, 22.2% and 15.8%, respectively, whereas "attention & calculation", and "comprehension & judgment" did not improve with significance ($p > 0.01$). In the control group, however, the MMSE-K score decreased a little by 0.87 (5.8%), from 15.00 to 14.13 ($p = 0.014$). The present study supports the conclusion that songwriting oriented activities may be useful in music therapy for improving the cognitive functions of the aged with dementia.
Houben, Maarten; Lehn, Benjamin; van den Brink, Noa; Diks, Sabeth; Verhoef, Jasmijn; Brankaert, Rens G.A.	Turnaround: Exploring care relations in dementia through design	*Conference on Human Factors in Computing Systems - Proceedings*	2020	People with dementia often experience a lack of social engagement after moving from the home environment into long-term care. Professional caregivers aim to build social relations with residents in dementia care homes to empower and socially include them during everyday care. However, the natural imbalance between the caregiver and the cared-for positions the person with dementia in a passive role, making it difficult for them to initiate and build relations with caregivers. In this paper, we present 'Turnaround' as a design exploration into care relations and the potential role of design to support these relations. Turnaround is a musical interface to facilitate collaborative acts of music-making. Our preliminary results reveal how the role of resident and caregiver shifted towards equal partnership during the exploration and interaction with Turnaround. Furthermore, we argue that technologies should foster partnerships in care activities by facilitating shared forms of expression and reinforcement of agency.

Houser W. S., George D. R.	Effect of music therapy on anxiety and depression in patients with Alzheimer's type dementia: Randomised, controlled study	*Dementia*	2009	Background/Aims: Numerous studies have indicated the value of music therapy in the management of patients with Alzheimer's disease. A recent pilot study demonstrated the feasibility and usefulness of a new music therapy technique. The aim of this controlled, randomised study was to assess the effects of this new music therapy technique on anxiety and depression in patients with mild to moderate Alzheimer-type dementia. Methods: This was a single-centre, comparative, controlled, randomised study, with blinded assessment of its results. The duration of follow-up was 24 weeks. The treated group (n = 15) participated in weekly sessions of individual, receptive music therapy. The musical style of the session was chosen by the patient. The validated 'U' technique was employed. The control group (n = 15) participated under the same conditions in reading sessions. The principal endpoint, measured at weeks 1, 4, 8, 16 and 24, was the level of anxiety (Hamilton Scale). Changes in the depression score (Geriatric Depression Scale) were also analyzed as a secondary endpoint. Results: Significant improvements in anxiety ($p < 0.01$) and depression ($p < 0.01$) were observed in the music therapy group as from week 4 and until week 16. The effect of music therapy was sustained for up to 8 weeks after the discontinuation of sessions between weeks 16 and 24 ($p < 0.01$). Conclusion: These results confirm the valuable effect of music therapy on anxiety and depression in patients with mild to moderate Alzheimer's disease. This new music therapy technique is simple to implement and can easily be integrated in a multidisciplinary programme for the management of Alzheimer's disease.
Houser W. S., George D. R.	Impact of TimeSlips creative expression program on behavioural symptoms and psychotropic medication use in persons with dementia in long-term care: A cluster-randomized pilot study	*American Journal of Geriatric Psychiatry*	2014	Objectives: To evaluate whether involvement in TimeSlips, a creative storytelling program, reduced mood and behavioral symptoms as well as psychotropic medication use in persons with dementia. Methods: A cluster-randomized pilot study compared two discrete dementia care units in one nursing home. The control cohort (N = 10) received standard-of-care activity programming, and the intervention cohort (N = 10) received standard-of-care plus two one-hour TimeSlips sessions per week for six weeks. Data on mood and behavioral symptoms and psychotropic drug prescriptions were collected, and within-group and between-group comparisons were performed. Results: Between-group comparisons did not reveal statistically significant differences in mood and behavioral symptoms. No differences in psychotropic drug prescriptions were found. Conclusions: Larger trials of longer duration are needed to determine whether involvement in TimeSlips reduces mood and behavioral symptoms that compromise quality of life for persons with dementia.

hua SY, Christensen J, Timmers R, Schauerman J, Rawling K.	Using acousmatic storytelling to facilitate communication and social interactions in people living with dementia: An iterative exploratory 12-week study	*Australasian Journal of Ageing*		OBJECTIVE: Communication challenges in people living with dementia can limit social interactions with fellow residents and hinder professional carers' ability to provide person-centred care. While research highlights the benefits of reminiscence, storytelling and music interventions in facilitating social interaction, the potential of using soundscapes in storytelling remains underexplored. This qualitative study investigated how acousmatic storytelling-using sound recordings and music to inspire storytelling, evoke imagery and emotion, and iteratively develop hybrid audio compositions-can enhance communication and social interactions in people living with dementia. METHODS: Twelve one-hour workshops were conducted with individuals in the early to mid-stages of dementia at a care home, using auditory cues (music and soundscapes) and visual prompts (photographs and poems) to stimulate memory recall, storytelling and group discussion. Data were collected through video and audio recordings, participant observation and semi-structured interviews with care workers. RESULTS: Inductive thematic analysis identified two key themes in verbal communication: (1) reminiscence and (2) creative sound associations, as well as five themes for non-verbal behaviours: (1) supporting verbal communication, (2) substituting verbal communication, (3) expressing emotions, (4) enhancing rapport with others and (5) expressing musicality. These themes highlight how participants engaged meaningfully in both storytelling and group interactions. CONCLUSIONS: Findings suggest that acousmatic storytelling offers a platform for individuals living with dementia to engage in verbal communication, employ purposeful non-verbal behaviours and participate in meaningful social interaction. This highlights its potential as a narrative approach for enhancing person-centred care in long-term care settings.
Huang, Yaqi; Wong, Karen Lok Yi; Cheung, Daphne Sze Ki; Yeo, Myung-sun; Kim, Soo-ji; Sue, Macdonald; Hung, Lillian	Use of headphones for the delivery of music programs for people with dementia in long-term care homes: a scoping review	*Frontiers in Dementia*	2026	Objective: To examine the evidence regarding to the use of headphones in music programs for people with dementia in long-term care homes (LTC) and identify enablers and barriers to its implementation. Introduction: Headphones can provide an immersive auditory experience, powerfully stimulating memories and evoking emotional expression. However, reviews on factors influencing their implementation in LTC settings are limited. Methods: This review followed the Joanna Briggs Institute methodology and was reported according to the PRISMA-ScR Checklist. A search was conducted across databases, including PubMed, CINAHL, Embase, Web of Science, Scopus, PsycINFO, and ProQuest. Studies were included if they explicitly delivered the music program using headphones for people with dementia in LTC homes. Data were extracted and thematically synthesized to identify key enablers and barriers to headphone use and program implementation. Results: A total of 21 studies were included. Music delivered via headphones demonstrated significant potential to pain relief, reduce the behavioral and psychological symptoms, delirium, control hyperactive behavior, and improve sleep quality. The key enablers for its implementation included (1) Comfortable and immersive experience, (2) Good accessibility and sustainability, (3) Enhanced engagement and interactions and (4) Appropriate staff training and collaboration. Barriers included (a) Less optimal headphone options in dementia care, (b) Staff burden and shortage, (c) Operational challenges, and (d) Music selection and personalization challenges. Conclusion: This scoping review identifies key enablers and barriers to implementing headphone-based music programs for people with dementia in LTC homes. Future research should develop strategies for optimal headphone use, staff collaboration, and personalized music delivery to support sustainable and effective implementation.

Hughes, Julian C; Baseman, Jordan; Hearne, Catherine; Lie, Mabel Leng Sim; Smith, Dominic; Woods, S.	Art, authenticity and citizenship for people living with dementia in a care home	*Ageing and Society*	2022	This paper reports on a study which examined the notions of authenticity and citizenship for people living with cognitive impairment or dementia in a care home in the North-East of England. We demonstrated that both notions were present and were encouraged by engagement with an artist, where this involved audio and visual recordings and the creation of a film. The artist's interactions were observed by a non-participant observer using ethnographic techniques, including interviews with the residents, their families and the staff of the care home. The data were analysed using grounded theory and the constant comparative method of qualitative analysis. Our findings suggest that participatory art might help to maintain and encourage authenticity and citizenship in people living with dementia in a care home. Certainly, authenticity and citizenship are notions worth pursuing in the context of dementia generally, but especially in care homes.
Iwamoto, Miyuki; Kuwahara, Noriaki; Morimoto, Kazunari	The relationship between conversation skill and feeling of load on youth in communicate with elderly persons using video image and photographs	*Studies in Computational Intelligence*	2015	Conversation is a good preventative against behavioral problems in the elderly. However, caregivers are usually very busy tending to patients and lack the time to communicate extensively with them. In order to overcome such problems, active listening volunteers have more opportunities to communicate with the elderly, but the number of the skillful volunteers is limited. Therefore, conversational support systems for inexperienced volunteers was investigated; such systems usually include content such as photographs, videos and music. It was expected that the volunteers would feel less stress when using videos instead of photographs for conversational support because the former provided both volunteers and patients with richer information than the latter. On the other hand, the photographs gave patients more chances to talk with volunteers. However, there are no reports on the effect of content type on the stress and conversational quality. In this paper, we compared using photographs with those when using video form such viewpoints.
Jones, Carys L; Windle, Gill; Edwards, Rhiannon Tudor	Dementia and Imagination: A Social Return on Investment Analysis Framework for Art Activities for People Living With Dementia	*Gerontologist*	2020	Background and Objectives: Arts activities may benefit people living with dementia. Social return on investment (SROI) analysis, a form of cost-benefit analysis, has the potential to capture the value of arts interventions, but few rigorous SROI analyses exist. This article presents a framework for an SROI analysis. Research Design and Methods: One hundred twenty-five people with mild to severe dementia and 146 caregivers were recruited to the Dementia and Imagination study across residential care homes, a hospital and community venues in England and Wales for a 12-week visual arts program. Quantitative and qualitative data on quality of life, support, and program perceptions were obtained through interviews. SROI was undertaken to explore the wider social value of the arts activities. Results: An input of £189,498 ($279,320/€257,338) to deliver the groups created a social value of £980,717 ($1,445,577/€1,331,814). This equates to a base case scenario of £/$/€5.18 of social value generated for every £/$/€1 invested. Sensitivity analysis produced a range from £/$/€3.20 to £/$/€6.62 per £/$/€1, depending on assumptions about benefit materialization; financial value of participants' time; and length of sustained benefit. Discussion: To our knowledge, this is the first study applying SROI to an arts intervention for people with dementia. Arts-based activities appear to provide a positive SROI under a range of assumptions. Implications: Decision makers are increasingly seeking wider forms of economic evidence surrounding the costs and benefits of activities. This analysis is useful for service providers at all levels, from local government to care homes.

Kaplan, Daniel B; Glazner, Gary	Dementia Arts Mapping: observational methods for documenting impacts of poetry and recreation in care settings	*Arts and Health*	2025	Background: Long-term care homes for older and disabled adults, including those who are living with dementia, facilitate a diversity of recreational activities and program as social interventions. The relationships between interventional elements and participant impacts are not well understood. Methods: This paper explores a poetry methodology and reports the findings from a pilot test of Dementia Arts Mapping, a novel ethnographic observational technique, to better understand impacts of poetry and recreation on people living with dementia in long-term care settings. Between 2017 and 2020, at 17 skilled nursing facilities throughout Wisconsin, researchers situated within care homes observed participants during diverse activities. Results: We found poetry workshops surpassed other activities in eliciting self-expression. Conclusions: Dementia Arts Mapping is an effective instrument for generating insights about dementia care and may be further enhanced for future use in research to inform care provision to foster meaningful engagement with people with dementia.
Keating, Frank; Cole, Laura; Grant, Robert	An evaluation of group reminiscence arts sessions for people with dementia living in care homes	*Dementia*	2020	Dementia has been identified as one of the major challenges in the 21st Century. The detrimental effects of dementia can jeopardise personhood, thus person-centred interventions including reminiscence and arts practice have been recommended as tools to promote social inclusion and improve the quality of life. This study aimed to evaluate the effectiveness of group reminiscence arts sessions for people living with dementia in care homes (residential and nursing homes) using a comparative and time series design to collect data on quality of life. The intervention was conducted in six care homes in London over a period of 24 weeks and compared with six care homes not receiving the intervention (control). Dementia Care Mapping was used as the primary data collection instrument to measure positive behaviours and rate quality of life before, during and after group reminiscence arts sessions. The evaluation team observed the sessions at three-weekly intervals. Statistical modelling found that positive behaviours and quality of life of care home residents participating in group reminiscence arts sessions increased over the 24-week period. Well-being increased sharply during each session and plateaued at 50 minutes with a sustained positive effect after the sessions. On a longer timescale, well-being and quality of life increased slowly and steadily from one session to the next. The findings were statistically significant ($p < 0.001$). The study concludes that group reminiscence arts sessions can have a positive and sustained impact on the quality of life of people with dementia. However, the evidence on the sustainability of the effect over time remains unknown. More research is needed to assess in much greater depth the association between quality of life and group reminiscence arts sessions.

Kenny, Kiera; Odell-Miller, Helen; Hsu, Minghung	Exploring the meaning of and barriers to quality of care for people living with dementia through the perspective of care home staff: A qualitative study	*Geriatric Nursing*	2025	Aims: The prevalence of dementia diagnoses means the demand for quality social care services is growing. This paper is an exploratory study of the larger project 'Music4theMind.' 'Music4theMind' is an intervention trial looking at the feasibility of music therapy in care homes to enhance care quality through the needs and symptom management of people living with dementia. This paper aims to understand the meaning of and barriers to delivering high-quality standards of care from the perspective of care home staff. Insights provided by staff will help to develop effective interventions in care homes for both residents and staff. Methods: We conducted semi-structured interviews with fourteen care home staff (M age = 35, SD = 14) working on dementia specialist units at a not-for-profit care organisation across five care homes. The care homes were in the North and South of England and located in urban and rural areas. Interviews were carried out either in person or on Microsoft Teams between July 2022 and January 2023. Results: An inductive thematic approach was used to identify themes from the data. Eight overarching themes and four sub-themes emerged. How care staff understand and practice quality care was (1) Caring for the health and well-being of residents' needs (1.1 physical care, 1.2 psychosocial care, 1.3 person-centred care), (2) Enabling residents to make choices and (3) Carer qualities. Staff reported that the help needed to deliver good quality care was (4) Information, learning opportunities and wider support, (5) Having enough staff on shift and (6) Resources for activities. The barriers to delivering high-quality care were (7) Behavioural and Psychological Symptoms of Dementia and (8) Time constraints (8.1 staffing factors). Conclusions: This research provides insights into how care home staff understand and deliver quality care for residents living with dementia. It highlights factors needed to help staff deliver good quality care for residents and the frequent challenges faced during care practice. Care organisations, policymakers, stakeholders, and researchers should address the needs of care staff to ensure that high standards of quality care are delivered sustainably to residents living with dementia. The findings can be incorporated into future care home interventions to enhance care quality delivery.
Koike, Yoshihisa; Hoshitani, Mitsuyo; Tabata, Yukie; Seki, Kazuhiko; Nishimura, Reiko; Kano, Yoshio	Effects of Vibroacoustic Therapy on Elderly Nursing Home Residents with Depression	*Journal of Physical Therapy Science*	2012	[Purpose] The objective of this study was to investigate whether vibroacoustic therapy (VAT) could improve the psychological symptoms of 15 elderly nursing home (NH) residents with symptoms of depression. [Methods] Fifteen subjects received VAT for 30 minutes per day for 10 days. Depression was evaluated using the Dementia Mood Assessment Scale (DMAS). Tympanic temperature, pulse, blood pressure, and SpO2 were measured as physiological indexes of relaxation. In addition, sleep-wake rhythms of the 15 subjects were evaluated using actigraphy. [Results] Based on DMAS scores, mitigation of depression was observed in NH residents after receiving VAT. Moreover, significant decreases in tympanic temperature and pulse were observed after treatment. Total sleeping hours per day showed a significant decrease when mean sleeping hours in the first week were compared with the mean sleeping hours in the second week. [Conclusion] VAT provided relaxation effects for elderly NH residents, and improved depressive symptoms.

Kontos, Pia Christine; Grigorovich, Alisa); Kosurko, An; Bar, Rachel J; Herron, Rachel V; Menec, Verena H; Skinner, Mark W.	Dancing with Dementia: Exploring the Embodied Dimensions of Creativity and Social Engagement	*Gerontologist*	2021	Background and Objectives: Dance is increasingly being implemented in residential long-term care to improve health and function. However, little research has explored the potential of dance to enhance social inclusion by supporting embodied self-expression, creativity, and social engagement of persons living with dementia and their families. Research Design and Methods: This was a qualitative sequential multiphase study of Sharing Dance Seniors, a dance program that includes a suite of remotely streamed dance sessions that are delivered weekly to participants in long-term care and community settings. Our analysis focused on the participation of 67 persons living with dementia and 15 family carers in residential long-term care homes in Manitoba, Canada. Data included participant observation, video recordings, focus groups, and interviews; all data were analyzed thematically. Results: We identified 2 themes: playfulness and sociability. Playfulness refers to the ways that the participants let go of what is "real"and became immersed in the narrative of a particular dance, often adding their own style. Sociability captures the ways in which the narrative approach of the Sharing Dance Seniors program encourages connectivity/intersubjectivity between participants and their community; participants co-constructed and collaboratively animated the narrative of the dances. Discussion and Implications: Our findings highlight the playful and imaginative nature of how persons living with dementia engage with dance and demonstrate how this has the potential to challenge the stigma associated with dementia and support social inclusion. This underscores the urgent need to make dance programs such as Sharing Dance Seniors more widely accessible to persons living with dementia everywhere.
Kuot, Abraham; Barton, Elsa; Tiri, Grace; McKinlay, Trevor; Greenhill, Jennene A; Isaac, Vivian	Personalised music for residents with dementia in an Australian rural aged-care setting	*Australian Journal of Rural Health*	2021	Objective: Personalised music reportedly has a positive effect on behaviour and mood in people living with dementia. This intervention has not been conducted in low-resourced or rural aged-care settings. We evaluated the effect of a non–therapist-led personalised music listening intervention on residents with dementia and workplace culture in a rural aged-care facility in South Australia. Design: Qualitative pilot study. Setting: Rural aged-care home in South Australia. Participants: Ten residents with dementia and 15 aged-care staff participated in this study. Interventions: Ten residents participated in an 8-week music program. Four focus groups were conducted with aged-care staff post-intervention. A thematic analysis was used to identify emerging themes. Main outcome measure: Personalised music positively influenced resident's behaviour and well-being, social interaction and the workplace environment and culture, and served as a useful tool for personalised care. Results: Three themes emerged: quality of life, personalised care and better aged-care environment. Personalised music positively influenced resident's behaviour and well-being, social interaction and the workplace environment and culture, and served as a useful tool for personalised care. Conclusion: Personalised music program is an effective, low-cost intervention to improve quality of life and personalised care of residents living with dementia, staff well-being, and a workplace and culture in low-resourced or rural aged-care settings.

Lawrence, Vanessa C; Fossey, Jane; Ballard, Clive G; Moniz-Cook, Esmé D; Murray, Joanna M	Improving quality of life for people with dementia in care homes: Making psychosocial interventions work	*British Journal of Psychiatry*	2012	Psychosocial interventions can improve behaviour and mood in people with dementia, but it is unclear how to maximise their effectiveness or acceptability in residential settings. Aims To understand what underlies the successful implementation of psychosocial interventions in care homes. Method Systematic review and meta-synthesis of qualitative research. Results The synthesis of 39 qualitative papers revealed that beneficial psychosocial interventions met the needs of people with dementia to connect with others, make a meaningful contribution and reminisce. Successful implementation rested on the active engagement of staff and family and the continuing provision of tailored interventions and support. This necessitated staff time, and raised issues around priorities and risk, but ultimately helped redefine staff attitudes towards residents and the caregiving role. Conclusions The findings from the meta-synthesis can help to inform the development and evaluation of psychosocial interventions in care homes and support their widespread implementation in clinical settings.
Layton, James; Ross, Jane Y; Webb, Aleksandra	Finding Our Voice: Participatory arts research with people living with dementia in residential care	*Journal of Applied Arts and Health*	2025	In this article the authors outline a design and delivery of a participatory performance project, which took place in a Kilmarnock care home for people living with dementia (PLWD). In designing the project, the researchers aimed to improve the quality of lives of PLWD through a focus on the active agency of the participants and the co-creation of performance material. Over a period of five weeks in autumn 2023, the care home residents engaged in weekly performance workshops, which offered them opportunities to become 'performers'. As we demonstrate, their participation in this innovative project enhanced their agency, confidence and overall well-being. In concluding, the authors present a positive case for participant agency being central to project design and make some recommendations for best practices when working with PLWD in care home settings, therefore enhancing their overall quality of life.
Ledger, Alison J; Baker, Felicity A	An investigation of long-term effects of group music therapy on agitation levels of people with Alzheimer's Disease	*Aging & mental health*	2007	This study aimed to investigate the long-term effects of group music therapy on agitation manifested by nursing home residents with Alzheimer's disease. A non-randomised experimental design was employed with one group receiving weekly music therapy (n ¼ 26) and another group receiving standard nursing home care (n ¼ 19). Agitation levels were measured five times over one year using the Cohen-Mansfield Agitation Inventory (Cohen-Mansfield, J. (1989). Agitation in the elderly. In N. Billig & P. V. Rabins (Eds.), Issues in geriatric psychiatry (pp. 101–113). Basel, Switzerland: Karger). Although music therapy participants showed short-term reductions in agitation, there were no significant differences between the groups in the range, frequency, and severity of agitated behaviours manifested over time. Multiple measures of treatment efficacy are necessary to better understand the long-term effects music therapy programs have on this population.

Lee, Young Eun C; Stretton-Smith, Phoebe A; Tamplin, Jeanette D; Vieira Sousa, Tanara Rosângela; Baker, Felicity A.	Therapeutic music interventions with people with dementia living in residential aged care: Perspectives of residents, family members and care home staff from a cluster randomised controlled trial	*International Journal of Older People Nursing*	2022	Background: Despite growing support for the benefits of music interventions in dementia care, the perspectives of people with dementia, their families and carers are often missing from the research. This study explored multiple perspectives and first-person experiences of group music interventions delivered within a large cluster randomised controlled trial examining the effectiveness of group music therapy (GMT) and recreational choir singing (RCS) with people with dementia living in residential-aged care (RAC) settings. Methods: Focus group and individual interviews with residents with dementia (n = 4), family members (n = 5) and care home staff (n = 15) were conducted following completion of the 6-month GMT and/or RCS intervention and analysed using inductive thematic analysis. Findings: Three main themes were identified as follows: (1) direct and indirect intrapersonal benefits, (2) direct and indirect interpersonal benefits and (3) therapeutic music interventions versus entertainment. GMT and RCS supported residents' mood, enjoyment, engagement and connectedness to self and others within and post-sessions, with flow-on effects to family members, care staff and the care home environment. Participants differentiated GMT and RCS from other forms of music engagement in the RAC facilities and described feelings of post-programme loss, highlighting ongoing meaning in active therapeutic music interventions. Conclusion: This research highlights the need for increased access to sustainable and meaningful activities, such as purposefully designed therapeutic music interventions in RAC. Improving knowledge about the distinct benefits of therapeutic music interventions compared with other forms of music engagement in RAC may assist nursing staff to make appropriate treatment planning decisions regarding therapeutic music programmes to meet the complex needs of residents with dementia.
Li, Yizhu; Liang, Nan; Effati, Meysam; Nejat, Goldie	Dances with Social Robots: A Pilot Study at Long-Term Care	*Robotics*	2022	Similar to study 22. Dance therapy can have significant physical, emotional and cognitive benefits for older adults. In particular, social robots can be developed to autonomously facilitate dance sessions to engage these individuals with the aim of improving quality of life. To successfully integrate and promote long-term use of social robots into long-term care homes for such recreational activities, it is important to explore both residents' and staff's perceptions of such robots. In this paper, we present the first pilot human–robot interaction study that investigates the overall experiences and attitudes of both residents and staff in a long-term care home for robot-facilitated dance sessions. In general, the questionnaire results from our study showed that both staff and residents had positive attitudes towards the robot-facilitated dance activity. Encouraging trends showed residents had higher ratings for statements on perceived ease of use, safety, and enjoyment than the staff. However, the staff had a statistically significantly higher rating for willingness to use the robots for dance facilitation. Some key statistical differences were also determined with respect to: (1) gender within the resident group (men had higher ratings for the robots being useful in helping facilitate recreational activities), as well as between staff and residents (resident men had higher perceived safety), and (2) prior robot experience (residents with limited prior experience had higher ratings on perceived ease of use and perceived enjoyment than staff with the same level of experience). The robot-facilitated dance activity was positively received by both older adults and staff as an activity of daily living that can enhance wellbeing while also being safe, easy to use and enjoyable.

Liang, Nan; Li, Yizhu; Nejat, Goldie	In-person vs Remote HRI: A Comparative Study of Robot Facilitated Dance with Older Adults in Long-Term Care	*IEEE-RAS International Conference on Humanoid Robots*	2023	As the global older population increases, a number of older adults need assistance in their daily lives. Social robots can be used to provide support for a number of activities including facilitating dance sessions. Research in this field has mainly considered physically embodied robots collocated in the same environment with the users. However, the experience of older adults with different robot presence conditions has not yet been explored. Robot presence can play an important role in investigating social human-robot interactions (HRI) with this vulnerable population. In this paper, we present a novel preliminary HRI study that investigates and compares how older adults' interaction behaviors vary during dance sessions facilitated by social humanoid robots in both in-person HRI and remote HRI conditions. Our study was conducted for the duration of a week with residents living in a long-Term care home. Participation rates were higher in the in-person condition. However, caregiver questionnaire results found no statistically significant difference in engagement and enjoyment of the older residents between the two robot presence conditions. The caregivers observed the residents engaged and enjoying dancing with both the in-person and remote robot during the dance sessions. Our study is the first to show the potential of using remote social HRI to provide interventions to older adults.
Lin, Yu; Chu, Hsin; Yang, Chyn-Yng; Chen, Chiung-Hua; Chen, Shyi-Gen; Chang, Hsiu-Ju; Hsieh, Chia-Jung; Chou, Kuei-Ru	Effectiveness of group music intervention against agitated behavior in elderly persons with dementia	*International journal of geriatric psychiatry*	2011	Objectives: This study explored the effectiveness of group music intervention against agitated behavior in elderly persons with dementia. Methods: This was an experimental study using repeated measurements. Subjects were elderly persons who suffered from dementia and resided in nursing facilities. In total, 104 participants were recruited by permuted block randomization and of the 100 subjects who completed this study, 49 were in the experimental group and 51 were in the control group. The experimental group received a total of twelve 30-min group music intervention sessions, conducted twice a week for six consecutive weeks, while the control group participated in normal daily activities. In order to measure the effectiveness of the therapeutic sessions, assessments were conducted before the intervention, at the 6th and 12th group sessions, and at 1 month after cessation of the intervention. Longitudinal effects were analyzed by means of generalized estimating equations (GEEs). Results: After the group music therapy intervention, the experimental group showed better performance at the 6th and 12th sessions, and at 1 month after cessation of the intervention based on reductions in agitated behavior in general, physically non-aggressive behavior, verbally non-aggressive behavior, and physically aggressive behavior, while a reduction in verbally aggressive behavior was shown only at the 6th session. Conclusions: Group music intervention alleviated agitated behavior in elderly persons with dementia. We suggest that nursing facilities for demented elderly persons incorporate group music intervention in routine activities in order to enhance emotional relaxation, create inter-personal interactions, and reduce future agitated behaviors. Copyright # 2010 John Wiley & Sons, Ltd.

Liu, Xifang; Niu, Xin; Feng, Qianjin; Liu, Yaming	Effects of five-element music therapy on elderly people with seasonal affective disorder in a Chinese nursing home	*Journal of Traditional Chinese Medicine*	2014	OBJECTIVE: To explore the effects of five-element music therapy on elderly patients with seasonal affective disorder in a Chinese nursing home. METHODS: The patients (n=50) were recruited from a Shijingshan district nursing home in Beijing, China. They were randomly assigned to two groups, a treatment group and a control group, with 25 participants in each group. The patients received music therapy for 1-2 h each week over an 8-week period. The music therapy involved four phases: introduction, activities, listening to the Chinese five-element music, and a concluding phase. The participants in the control group did not listen to the five-element music. This study consisted of two parts: (a) a qualitative study that used focus groups to understand the feelings of the patients with seasonal affective disorder; (b) a quantitative study that involved administration of the self-rating depression scale (SDS) and Hamilton depression scale (HAMD) before and after treatment. RESULTS: (a) Qualitative analysis results: strength derived from the five-element group music therapy and emotional adjustment. The five-element group music therapy can reduce patients' psychological distress and let them feel inner peace and enhance their life satisfaction. (b) No significant difference in SDS and HAMD scores was found between the two groups (P>0.05) prior to treatment. After treatment, the mean SDS score of the control group was 49.9± 18.8, while the treatment group's score was 40.2 ± 18.1. The HAMD score of the control group was 11.2±3.1, and the treatment group's score was 8.8± 4.9. Following 8 weeks of music therapy, the SDS and HAMD scores of the treatment group were significantly lower than those for the control group (P<0.05). CONCLUSION: Five-element music therapy alleviated the symptoms of seasonal affective disorder in the elderly patients.

Livingston, Gill A; Kelly, Lynsey; Lewis-Holmes, Elanor; Baio, Gianluca; Morris, Stephen; Patel, Nishma V; Omar, Rumana Z; Katona, Cornelius L.E; Cooper, Claudia A.	A systematic review of the clinical effectiveness and cost-effectiveness of sensory, psychological and behavioural interventions for managing agitation in older adults with dementia	*Health Technology Assessment*	2014	Background Agitation is common, persistent and distressing in dementia and is linked with care breakdown. Psychotropic medication is often ineffective or harmful, but the evidence regarding non-pharmacological interventions is unclear. Objectives We systematically reviewed and synthesised the evidence for clinical effectiveness and cost-effectiveness of non-pharmacological interventions for reducing agitation in dementia, considering dementia severity, the setting, the person with whom the intervention is implemented, whether the effects are immediate or longer term, and cost-effectiveness. Data sources We searched twice using relevant search terms (9 August 2011 and 12 June 2012) in Web of Knowledge (incorporating MEDLINE); EMBASE; British Nursing Index; the Health Technology Assessment programme database; PsycINFO; NHS Evidence; System for Information on Grey Literature; The Stationery Office Official Documents website; The Stationery National Technical Information Service; Cumulative Index to Nursing and Allied Health Literature; and The Cochrane Library. We also searched Cochrane reviews of interventions for behaviour in dementia, included papers' references, and contacted authors about 'missed' studies. We included quantitative studies, evaluating non-pharmacological interventions for agitation in dementia, in all settings. Review method We rated quality, prioritising higher-quality studies. We separated results by intervention type and agitation level. As we were unable to meta-analyse results except for light therapy, we present a qualitative evidence synthesis. In addition, we calculated standardised effect sizes (SESs) with available data, to compare heterogeneous interventions. In the health economic analysis, we reviewed economic studies, calculated the cost of effective interventions from the effectiveness review, calculated the incremental cost per unit improvement in agitation, used data from a cohort study to evaluate the relationship between health and social care costs and health-related quality of life (DEMQOL-Proxy-U scores) and developed a new cost-effectiveness model. Results We included 160 out of 1916 papers screened. Supervised person-centred care, communication skills (SES = -1.8 to -0.3) or modified dementia care mapping (DCM) with implementing plans (SES = -1.4 to -0.6) were all efficacious at reducing clinically significant agitation in care home residents, both immediately and up to 6 months afterwards. In care home residents, during interventions but not at follow-up, activities (SES = -0.8 to -0.6) and music therapy (SES = -0.8 to -0.5) by protocol reduced mean levels of agitation; sensory intervention (SES = -1.3 to -0.6) reduced mean and clinically significant symptoms. Advantages were not demonstrated with 'therapeutic touch' or individualised activity. Aromatherapy and light therapy did not show clinical effectiveness. Training family carers in behavioural or cognitive interventions did not decrease severe agitation. The few studies reporting activities of daily living or quality-of-life outcomes found no improvement, even when agitation had improved. We identified two health economic studies. Costs of interventions which significantly impacted on agitation were activities, £80-696; music therapy, £13-27; sensory interventions, £3-527; and training paid caregivers in person-centred care or communication skills with or without behavioural management training and DCM, £31-339. Among the 11 interventions that were evaluated using the Cohen-Mansfield Agitation Inventory (CMAI), the incremental cost per unit reduction in CMAI score ranged from £162 to £3480 for activities, £4 for music therapy, £24 to £143 for sensory interventions, and £6 to £62 for training paid caregivers in person-centred care or communication skills with or without behavioural management training and DCM. Health and social care costs ranged from around £7000 over 3 months in people without clinically significant agitation symptoms to around £15,000 at the most severe agitation levels. There is some evidence that DEMQOL-Proxy-U scores decline with Neuropsychiatric Inventory agitation scores. A multicomponent intervention in participants with mild to moderate dementia had a positive monetary net benefit and a 82.2% probability of being cost-effective at a maximum willingness to pay for a quality-adjusted life-year of £20,000 and a 83.18% probability at a value of £30,000. Limitations Although there were some high-quality studies, there were only 33 reasonably sized (> 45 participants) randomised controlled trials, and lack of evidence means that we cannot comment on many interventions' effectiveness. There were no hospital studies and few studies in people's homes. More health economic data are needed. Conclusions Person-centred care, communication skills and DCM (all with supervision), sensory therapy activities, and structured music therapies reduce agitation in care-home dementia residents. Future interventions should change care home culture through staff training and permanently implement evidence-based

				treatments and evaluate health economics. There is a need for further work on interventions for agitation in people with dementia living in their own homes. Protocol registration The study was registered as PROSPERO no. CRD42011001370. Funding The National Institute for Health Research Health Technology Assessment programme.

Livingston, Gill A.; Kelly, Lynsey; Lewis-Holmes, Elanor; Baio, Gianluca; Morris, Stephen; Patel, Nishma V; Omar, Rumana Z; Katona, Cornelius L.E; Cooper, Claudia A.	Non-pharmacological interventions for agitation in dementia: Systematic review of randomised controlled trials	*British Journal of Psychiatry*	2014	Background: Agitation in dementia is common, persistent and distressing and can lead to care breakdown. Medication is often ineffective and harmful. Aims: To systematically review randomised controlled trial evidence regarding non-pharmacological interventions. Method: We reviewed 33 studies fitting predetermined criteria, assessed their validity and calculated standardised effect sizes (SES). Results: Person-centred care, communication skills training and adapted dementia care mapping decreased symptomatic and severe agitation in care homes immediately (SES range 0.3-1.8) and for up to 6 months afterwards (SES range 0.2-2.2). Activities and music therapy by protocol (SES range 0.5-0.6) decreased overall agitation and sensory intervention decreased clinically significant agitation immediately. Aromatherapy and light therapy did not demonstrate efficacy. Conclusions: There are evidence-based strategies for care homes. Future interventions should focus on consistent and long-term implementation through staff training. Further research is needed for people living in their own homes.
Lloyd, Jayne; Nicholson, Helen	The Care Home as a Creative Space	*Applied Theatre: Creative Ageing*	2017	[No abstract available] Received from author – qualitative
Longden, Eleanor; Davis, Philip Maurice; Carroll, Janine; Billington, Josie; Kinderman, Peter K.	An evaluation of shared reading groups for adults living with dementia: preliminary findings	*Journal of Public Mental Health*	2016	Purpose – Although there is a growing evidence base for the value of psychosocial and arts-based strategies for enhancing well-being amongst adults living with dementia, relatively little attention has been paid to literature-based interventions. The purpose of this paper is to assess the impact of shared reading (SR) groups, a programme developed and implemented by The Reader Organisation, on quality of life for care home residents with mild/moderate dementia. Design/methodology/approach – In total, 31 individuals were recruited from four care homes, which were randomly assigned to either reading-waiting groups (three months reading, followed by three months no reading) or waiting-reading groups (three months no reading, followed by three months reading). Quality of life was assessed by the DEMQOL-Proxy and psychopathological symptoms were assessed by the Neuropsychiatric Inventory Questionnaire. Findings – Compared to the waiting condition, the positive effects of SR on quality of life were demonstrated at the commencement of the reading groups and were maintained once the activity ended. Low levels of baseline symptoms prevented analyses on whether the intervention impacted on the clinical signs of dementia. Research limitations/implications – Limitations included the small sample and lack of control for confounding variables. Originality/value – The therapeutic potential of reading groups is discussed as a positive and practical intervention for older adults living with dementia.

Lord, Thomas R; Garner, Joann E	Effects of Music on Alzheimer Patients	*Perceptual and motor skills*	1993	From a large nursing care facility, 60 elderly patients diagnosed as having Alzheimer disease were randomly separated into three groups of equal size and given tests to measure their mood and mental state. For music Group 1, “Big Band” music from the 1920s and 1930s was played during their daily recreation period while Group 2 were given puzzle exercises during their activity sessions. Members of Group 3 participated in the standard recreational activities of drawing and painting. After six months, the questionnaire was again given to all participants. Analysis of variance showed the individuals in Group 1 were more alert, happier, and had higher recall of past personal history than patients in the other two groups. This suggests that music can be of therapeutic value to Alzheimer patients.
Mangiacotti, Anthony; Hsu, Minghung; Barone, Clare; van Puyvelde, Martine; ZandonÃ, Alessandro; Gabai, Gianfranco; Biasutti, Michele; Franco, Fabia	Effects of One-to-One Music Therapy in Older Adults With Cognitive Impairment: A Randomized Controlled Trial	*Psychology and Aging*	2024	This study investigated the effects of music therapy (MT), a nonpharmacological therapy, on cognitive, behavioral, and physiological outcomes in older adults with mild-to-moderate cognitive decline residing in care home settings. A randomized controlled trial design was employed, with 42 care home residents (M<inf>age</inf> = 86.25 years) randomly assigned to either a one-to-one 16-week MT intervention or an active control group receiving storytelling. Experimental and control activities were matched on key aspects, and groups were equivalent at baseline concerning demographic factors, general health, cognitive–behavioral characteristics, and cognitive reserve levels. Pre/postintervention neuropsychological and behavioral measures were collected, alongside saliva samples for cortisol/dehydroepiandrosterone ratio and respiratory sinus arrhythmia analysis as indicators of overall stress and autonomic regulation. The MT group exhibited benefits in cognitive, behavioral, and physiological domains, suggesting potential advantages in maintaining cognitive functioning and reducing neuropsychiatric symptoms. Biomarkers indicated possible mechanisms underlying the effectiveness of MT. The 16 one-to-one interactive MT sessions—delivered over 5 months—had a positive impact on older adults with mild-to-moderate cognitive decline living in care home settings. The implications of these findings for healthy aging and suggestions for future research are discussed.

Mangiacotti, Anthony; Masotti, Arianna; Biasutti, Michele	The impact of community music therapy intervention in older adults' care home communities: Assessing community music therapists' views	*International Journal of Community Music*	2024	Community music-therapy (CMT) service evaluation in older adults' care home communities is an important process to enhance the quality of therapists' outputs and the development of client-centred approaches to meet the needs of residents and community. However, administrative limitations that could affect thera-pists' contact time with clients may lead to the underestimation of service evaluation within the system. This study aims to explore community music therapists' perceptions of the impact of their services in older adults' care home communities using a qualitative approach based on semi-structured interviews. The therapists were asked to reflect on specific aspects of their community music therapy service, potential cognitive-behavioural and physiological effects of therapy, best-practices for assessment in MT and challenges experienced in this particular setting. Participants highlighted the unique value of CMT in care home communities. They demonstrated the ability to detect and assess impacts of CMT using clinical analysis methods, which can improve care plans for the residents. However, certain limitations, such as reduced hours, inadequate funding and a lack of recog-nition of CMT's benefits by care home staff, were identified. Moreover, the analysis shed light on how COVID-19 impacted the CMT service in this context, empha-sizing the need for adaptability and resilience in providing care. The implications of the results in an Italian community context are further analysed and discussed, stressing the importance of supporting CMT as a fundamental service in care home communities for older adults. By addressing the highlighted limitation and embracing the perspectives of community music therapists, care homes can opti-mize their services and enhance the well-being of their residents.
Marsh, Pauline; Courtney-Pratt, Helen; Kelly, Lisa; White, Lynsey	Film as cooperative endeavour: The promises for people living with dementia, their relatives, caregivers and aged care staff	*Dementia*	2023	Creative expression by people living with dementia and their families and carers can improve communication and relationships and strengthen relational personhood. The transition to residential aged care from living at home with dementia is a time of 'relocation stress", and a time when additional psychosocial supports like these might be particularly beneficial. This article reports on a qualitative study that explored how a co-operative filmmaking project functioned as a multifaceted psychosocial intervention, and explored its potential impacts on relocation stressors. Methods included interviews with people living with dementia who were involved in the filmmaking, and their families and close others. Staff from a local day centre and residential aged care home also took part in interviews, as did the filmmakers. The researchers also observed some of the filmmaking process. Reflexive thematic analysis techniques were used to generate three key themes in the data: Relationship building; Communicating agency, memento and heart; Being visible and inclusive. The findings reveal challenges regarding privacy and the ethics of public screenings, as well as the pragmatics of using short films as a communication tool in aged care settings. We conclude that filmmaking as a cooperative endeavour holds promise to mitigate relocation stressors by: improving family and other relationships during challenging times for family and for people living with dementia; providing opportunities for new self-narratives derived from relational subjectivities; supporting visibility and personhood; and improving communication once in residential aged care. This research has relevance for communities who are looking to support dynamic personhood and improve the care of people living with dementia.

McDermott, Orii; Orrell, Martin William; Ridder, Hanne Mette Ochsner	The importance of music for people with dementia: The perspectives of people with dementia, family carers, staff and music therapists	*Aging and Mental Health*	2014	Objectives: Despite the popularity of music-based interventions in dementia care, there is a limited knowledge of how and why people with dementia find music beneficial for their well-being. A qualitative study was conducted to develop further insights into the musical experiences of people with dementia and explore the meaning of music in their lives. Method: Separate focus groups and interviews with (1) care home residents with dementia and their families, (2) day hospital clients with dementia, (3) care home staff, and (4) music therapists, were conducted. The findings of the thematic analysis were investigated further in the light of psychosocial factors with the aim of developing a theoretical model on music in dementia.Results: Six key themes were identified. The accessibility of music for people at all stages of dementia, close links between music, personal identity and life events, the importance of relationship-building through music making were particularly highlighted as valuable. The psychosocial model of music in dementia was developed. The model revealed the importance of music to support the personal psychology of people with dementia and the social psychology of the care home environment.Conclusion: The effects of music go beyond the reduction of behavioural and psychological symptoms. Individual preference of music is preserved throughout the process of dementia. Sustaining musical and interpersonal connectedness would help value who the person is and maintain the quality of their life.
McLeod CJ, Maidment DW, Rees C.	The CURTAIN feasibility study: Exploring a food-themed reminiscence theatre intervention to improve the nutrition of older adults living in residential care homes	*Appetite*	2025	Reminiscence theatre (RT), an applied drama technique, is an effective tool for improving health-related outcomes for older adults in clinical settings. However, no research has explored the potential for a food-themed RT intervention to improve the nutrition, health and wellbeing of this population. Therefore, the current study explored the feasibility and acceptability of such an intervention - the CURTAIN intervention - in residential care-homes. Two care-homes, their residents and staff were recruited to a cluster randomised crossover feasibility study with post-hoc interviews. Over two months, participants (n = 42) took part in the CURTAIN activity and a control activity before consuming their lunch, with momentary hunger, activity/meal enjoyment, and food intake measured around each activity. Continuation to a full-scale trial was assessed against progression criteria for data-collection-sheet completion and residents' enjoyment of the intervention. The intervention was highly enjoyed by residents (median score = 8/10), with only 1% of data-collection cells blank. Attrition rate was 5% and preliminary data suggest CURTAIN has the potential to improve residents' appetite and energy intake. Aspects of evaluation design and recruitment strategy to optimise sample diversity require some amendments; however, overall, the CURTAIN intervention is feasible and acceptable to care-home residents and staff, and a full intervention evaluation is warranted.
Melhuish, Ruth; Beuzeboc, Catherine; Guzman, Azucena	Developing relationships between care staff and people with dementia through Music Therapy and Dance Movement Therapy: A preliminary phenomenological study	*Dementia*	2017	Background: There is an increasing focus on providing effective psychosocial interventions to improve quality of life in dementia care. This study aims to explore the attitudes and perceptions of staff who participated regularly in Music Therapy (MT) and Dance Movement Therapy (DMT) groups for residents with dementia in a nursing home. Method: In-depth interviews were conducted with seven members of care home staff. Data were analysed using interpretative phenomenological analysis. Results: A representation modelling the impact of MT and DMT in a nursing care home. Three main themes were identified. 1) Discovering residents' skills and feelings; 2) Learning from the therapists to change approaches to care practice with subthemes: time, space and pace, choice, following the residents' lead; 3) Connection between staff and residents. Conclusion: The model indicated that both interventions performed in parallel helped staff to discover residents' skills and feelings. Although it is a small sample size, this study strongly suggests that MT and DMT can have a positive influence in helping care staff to provide a meaningful care environment.

Miyazaki, Atsuko; Mori, Hayato	Frequent karaoke training improves frontal executive cognitive skills, tongue pressure, and respiratory function in elderly people: Pilot study from a randomized controlled trial	*International Journal of Environmental Research and Public Health*	2020	We tested whether karaoke training improves cognitive skills and reduces the risk of physical function impairments. We conducted a single-blinded randomized controlled trial in 26 elderly participants at residential care facilities, who were generally healthy or required the lowest level of care. Participants were near the threshold for mild cognitive impairment with the Montreal Cognitive Assessment (MoCA) and close to the sarcopenia cut-off with the skeletal muscle mass index. Pulmonary function as measured with spirometry and tongue strength were used as markers for physical functions affected by sarcopenia. Karaoke training occurred once a week for two hours, with an hour of homework assigned weekly. Karaoke training significantly improved the Frontal Assessment Battery at bedside (FAB) compared with an active control group receiving scratch art training (F = 8.04, permutation p-value = 0.013). Subscore improved with inhibitory control (F = 7.63, permutation p-value = 0.015) and sensitivity to interference (F = 11.98, permutation p-value = 0.001). We observed improved tongue pressure (F = 4.49, permutation p-value = 0.040) and pulmonary function by a greater increase in FIV1 (F = 5.22, permutation p-value = 0.047). Engaging elderly people, especially those in care homes, with karaoke training exercises that are moderately physically challenging may be a key to slowing cognitive decline and preventing dysphagia by sarcopenia.
Mohammadi, A. Z.	An evaluation of the effect of group music therapy on stress, anxiety and depression levels in nursing home residents	*Canadian journal of music therapy*	2011	A randomized controlled trial was conducted to evaluate the effect of music therapy on stress, anxiety, and depression levels of a group of the elderly who resided in a nursing home. The intervention group received 10 weeks of daily music-based sessions (each 90 minutes) including listening to music, singing and playing percussion instruments, while the control group (no music) received daily regular activities. The 21- item Depression Anxiety Stress Scale was used as a pre-and post-intervention measure in each group. Differences in pre- and post-intervention scores indicated significant reductions in mean scores of anxiety (P = .004), stress (P = .001), and depression (P < .001) in the intervention group as compared with the control group (no music).
Molina-Luque, Fidel; Stoncikaite, Ieva; Torres-González, Teresa; Sanvicén-Torné, Paquita	Profiguration, Active Ageing, and Creativity: Keys for Quality of Life and Overcoming Ageism	*International Journal of Environmental Research and Public Health*	2022	This article is based on qualitative analysis of interviews and focus groups conducted with participants enrolled in the Senior Programme of the University of Lleida, the City Council of Lleida, and care homes, as well as professional workers in the field of gerontology and related areas. It presents the analysis of interviews focused on the participants' life trajectories, ageing, creativity, self-perception, and quality of life. The study aimed to examine how creativity influences the maintenance and improvement of a sense of wellbeing in older adults, and to reflect on how the perception of old age and of oneself changes through creative activity and active engagement across the life span. The article is framed within a new concept in sociology and the social sciences— 'profiguration', which is the key element in the promotion and strengthening of intergenerational interdependence, education, wellbeing, social participation, and active ageing.

Morrissey, Kellie; McCarthy, John C.	Creative and opportunistic use of everyday music technologies in a dementia care unit	*C and C 2015 - Proceedings of the 2015 ACM SIGCHI Conference on Creativity and Cognition*	2015	This paper describes everyday technologies in use in a long-term dementia care ward, and ways in which these technologies facilitated creative expression for residents within. Drawing on ethnographic research focusing on participation in creative activities for people with dementia living in care, the paper details how residents engaged with technologies (such as television) in a passive way (spending hours sitting in front of the TV without engaging with others around them), and in an active way (singing and dancing to music played via stereo and record player). Findings from this research emphasise the importance for interaction design for dementia in appreciating the role of active creative participation in sustaining personhood in dementia. Given a lack of both time and resources in publicly-funded care homes, we also highlight the value of opportunistic design in the field.

Muellenbach, Joanne M.	The role of reading classic fiction in book groups for people with dementia is better understood through use of a qualitative feasibility study	*Evidence Based Library and Information Practice*	2018	Objective - To explore how people living with dementia experience reading classic fiction in book groups and what benefits this intervention provides. Design - Qualitative feasibility study. Setting - Day centre within a care home in the North Island of New Zealand. Subjects - Eight participants with a medical diagnosis of dementia - four community dwellers who attend day centers, and four residents of a secure dementia unit in a care home. Methods - Investigators used surveys, focus groups, and interpretative phenomenological analysis (IPA), for ideographic analysis of the data. Main results - Following analysis of the focus book group data, three superordinate, with related subordinate, themes were found: 1) the participant as a lively reader. The participants shared childhood memories of reading and when they became adults, how they encouraged reading within the household and with their own children. Subordinate themes included: recall, liveliness of discussion, and interest in reading and book clubs; 2) the participant as guardian of the voice of Dickens. Participants believed that, when the language is simplified, the beauty and rich imagery of Dickens is lost. Subordinate themes included: oversimplifying "loses the voice of Dickens", familiarity, and continued play on words; and 3) the participant as a discerning book reviewer. The participants offered a number of 'dementia-friendly' suggestions, including the use of memory aids and simplifying text. Subordinate themes were expressed as four recommendations: use cast of characters; illustrations pick up the energy of the story, but balance quantity with risk of being childish; the physical quality of the text and paper; and chunk quantity of text while keeping the style of the original author. The choice of using classic fiction that was already well known was validated by the participants, who had some preconceptions about Ebenezer Scrooge, and described him by using epithets such as mean, an old bastard, and ugly. The participants found the investigators' adapted version to be oversimplified, as short excerpts of the original Dickens seemed to evoke emotional and aesthetic responses of appreciation. Therefore, when creating adaptations, it is important to preserve the beauty of the original writing as much as possible. Conclusion - This qualitative feasibility study has provided a better understanding of how people living with dementia experience classic fiction in shared book groups. For individuals with Alzheimer's disease, language skills may be well-preserved until later in the disease course. For example, the focus group participants demonstrated an appreciation and command of language, as well as enthusiasm and excitement in the sharing of the original Dickens with others. They suggested the use of memory aids, such as including a cast of characters, and repeating the referent newly on each page. Participants also suggested that the adapted version be shortened, to use a large font, and to include plenty of pictures. The choice of using classic fiction was validated by the participants, as they found these tales comforting and familiar, particularly when they included such colorful characters as Ebenezer Scrooge. Finally, people living with dementia should be encouraged to enjoy books for the same reason other adults love to read - primarily for the creative process. Classic fiction may be adapted to enhance readability, but the adaptation must be done in a thoughtful manner. While memory deficits occur in Alzheimer's disease, an appreciation of complex language may be preserved until the later disease stages.

Myskja, Audun; Nord, Pål G	"The Day the Music Died" A Pilot Study on Music and Depression in a Nursing Home	*Nordic journal of music therapy*	2018	Background: The nursing home Valerengen bo- og servicesenter in Oslo, Norway, a long-term institution with 84 residents, has continually had regular music therapy activities with a music therapist in full-time employment since 1999. The institution was without music therapy services during the fall of 2003. Method: At the end of the period without a music therapist, measurement of depression level by the use of Montgomery Aasberg Depression Rating Scale (MADRS) was conducted on residents (n=72). Two months after music therapy services had been resumed with music therapy groups twice a week in each ward and individualized services other days, a new measurement of depression level of all residents was conducted. Results: Depression rating show a significant fall in the music therapy condition, compared with the no music therapy condition in a crossover design: MADRS 20.4 on an average in the no music condition, 12.2 on an average in the music condition ($p < .05$). Staff at the institution was stable, and there were no significant changes in medication. Conclusion: A significant reduction in the average level of depression in a nursing home when music therapy services are resumed warrants recommendation for a larger controlled follow-up study.
Newman, Andrew; Goulding, Anna; Davenport, Bruce; Windle, Gill	The role of the visual arts in the resilience of people living with dementia in care homes	*Ageing and Society*	2019	This study responds to a gap in the literature relating to the resilience of people living with dementia in care homes. We applied an ecopsychosocial framework of resilience, theorising that sources of resilience may be personal, social and structural. Visual arts enrichment activities were examined to see how they might provide opportunities for resilience. The data used for this study were qualitative and originated from people with dementia aged between 70 and 99 years old (N = 48) living in four care homes in North East England, United Kingdom and staff/carers/family members (N = 37). The results showed that visual arts enrichment activities supported the resilience of those with dementia through creative expression, increased communication, improved self-esteem, and influenced relationships with carers and family members. It is concluded that even those with advanced dementia are capable of demonstrating resilience which can be supported by, and explored through, visual arts enrichment activities.
Noice H., Noice T.	A theatrical intervention to improve cognition in intact residents of long term care facilities.	*Clinical Gerontologist*	2006	This study explored a theatrically-based intervention for old-olds (average age: 82.3) living in a continuing care facility. Approximately half of the participants used hearing aids and/or walkers, canes or wheelchairs, and most had self-reported memory concerns although they did not suffer from serious mental impairment as assessed by the SPMSQ. A distinguishing feature of the intervention was that no element of the theatre instruction was targeted to the test instruments. Instead, participants were trained to create life-like characters who could spontaneously interact with others. The design consisted of a one group pretest-posttest with double pretest. After four weeks of twice-weekly instructional sessions, the researchers found significant improvement in recall and problem-solving ability. Reasons for the efficacy of theatrical training with this population are discussed. Also, evidence is presented for the self-reinforcing nature of the program.

Otto, David W; Cochran, Virginia; Johnson, Gary E; Clair, Alicia Ann	The influence of background music on task engagement in frail, older persons in residential care	*Journal of Music Therapy*	1999	The purpose of this study was to examine the effects of preferred background music on the engagement of residents of a nursing care facility in therapeutic recreation tasks. Eighteen subjects were assigned to one of two groups and both groups participated in a series of 12 weekly sessions in which the background conditions were randomly ordered. All subjects experienced four sessions each of 10 minutes of (a) silence, (b) preferred background music, and (c) nonpreferred background music. Videotapes were made of all sessions and an observer recorded the number of 30-second time intervals in which each subject was on task. A one-way analysis of variance calculated for frequencies of time intervals for the three conditions revealed no statistically significant differences. It was noted, however, that the therapist tended to prompt more conversations during the preferred music, and when subjects responded they generally dropped their task participation. The investigators concluded that background music may influence the therapists' behaviors which may, in turn, influence responses of their program participants. Further study of the effects of background music on task engagement among care home residents is recommended.
P. Subramaniam, Woods B, Whitaker, C	Life review and life story books for people with mild to moderate dementia: A randomised controlled trial.	*Aging and Mental Health*	2014	Objectives: To evaluate the effect of different pathways for developing a life story book (LSB) for people with dementia. Method: Preliminary randomised control trial; 23 people with dementia in care homes (mean age 86) randomly assigned to receive either 12 individual life review sessions and co-creating a LSB or a personal LSB created by their relatives as a 'gift' Results: No difference in quality of life (quality of life–Alzheimer's disease (QOL–AD)) was observed between the two groups, six weeks after having received the LSB ($F(1,20) = 0.08$, $p = 0.77$). At this point, QOL–AD had improved for both groups, but there was a significant between-group difference at an intermediate assessment immediately after the life review sessions had been completed, before the LSBs were received ($F(1, 20) = 5.11$, $p = 0.035$), in favour of life review. A similar pattern was observed on autobiographical memory (extended autobiographical memory interview), with the life review group improving significantly more than the gift group during the life review sessions, but no difference was observed once all participants had had their LSB for six weeks. After the LSBs were produced – by either pathway – quality of relationship as rated by relatives improved significantly ($F(2, 39) = 19.37$, $p < 0.001$) and staff knowledge regarding the resident and attitudes to dementia improved. Conclusion: The creation of LSBs – either through a life review process or by relatives without involving the person with dementia – has benefits for people with dementia, relatives and staff in care homes. However, undertaking a life review requires training and supervision.

Parajuli, Daya Ram; Kuot, Abraham; Hamiduzzaman, Mohammad; Gladman, Justin; Isaac, Vivian	Person-centered, non-pharmacological intervention in reducing psychotropic medications use among residents with dementia in Australian rural aged care homes	*BMC Psychiatry*	2021	Background: High rates of psychotropic medications are prescribed in aged care homes despite their limited effectiveness and associated adverse effects. We aim to evaluate the changes in prescription patterns for elderly residents with dementia in the 'Harmony in the Bush Dementia Study'. Harmony in the Bush is a person-centered model of dementia care in nursing homes, based on the principles of Progressively Lowered Stress Threshold and person-centered music intervention. Methods: Our larger study (12 weeks period) was a quasi-experimental design conducted in five rural nursing homes in Australia. Medication charts (n = 31) were collected retrospectively from three rural aged care facilities. Medication data for each resident was collected from a three-month medication charts, pre-intervention, and post-intervention. Fifty-three staff participated in 31 semi-structured interviews and 8 focus groups at post-intervention, and at 1-month and 3-months follow up. Results: The median age of the participants was 83 years, and 68% of them were female. Polypharmacy was measured in 87% (n = 27) of the participants. Hypertension, hyperlipidemia, diabetes, and the Alzheimer's disease were the major comorbidities identified in residents. None of the residents received more than the maximum dose of psychotropic medications recommended by the guidelines. There was a reduction of 22.4% (77.4% vs 55%) in the use of at least any psychotropic medications, 19.6% (39% vs, 19.4%) reduction in antipsychotics and benzodiazepines (39% vs 19.4%), and 6.5% (42% vs 35.5%) reduction in antidepressants prescription medicines, when comparing residents' medication charts data covering 3-months pre- and post-intervention, however, these changes were not statistically significant. Additionally, there was a decreasing trend in the use of inappropriate medications. Psychotropic medications were prescribed in up to 43% and anti-dementia medications in 44% of participants for more than 6 months. Three themes extracted from qualitative data include decrease behavioral and psychiatric symptoms of dementia due to medication weaning or dose tapering, other strategies to reduce medication use, and environmental or noise control. Conclusions: Our findings indicate that the Harmony in the Bush model as a non-pharmacological approach reduces the prescription of psychotropic medications in rural nursing homes as supported by findings from both quantitative and qualitative data. Trial registration: ANZCTR, ACTRN12618000263291. Registered on 20th February 2018.

Phillips, Lorraine J; Reid-Arndt, Stephanie A; Pak, Youngju	Effects of a Creative Expression Intervention on Emotions, Communication, and Quality of Life in Persons With Dementia	*Nursing research*	2010	Background: Effective nonpharmacological interventions are needed to treat neuropsychiatric symptoms and to improve quality of life for the 5.3 million Americans affected by dementia. b Objective: The purpose of this study was to test the effect of a storytelling program, TimeSlips, on communication, neuro-psychiatric symptoms, and quality of life in long-term care residents with dementia. b Methods: A quasi-experimental, two-group, repeated measures design was used to compare persons with dementia who were assigned to the twice-weekly, 6-week TimeSlips intervention group (n = 28) or usual care group (n = 28) at baseline and postintervention at Weeks 7 and 10. Outcome measures included the Cornell Scale for Depression in Dementia, the Neuropsychiatric InventoryVNursing Home Version, the Functional Assessment of Communication Skills, the Quality of LifeVAlzheimer's Disease, and the Observed Emotion Rating Scale (this last measure was collected also at Weeks 3 and 6 during TimeSlips for the treatment group and during mealtime for the control group). b Results: Compared with the control group, the treatment group exhibited significantly higher pleasure at Week 3 (p G .001), Week 6 (p G .001), and Week 7 (p G .05). Small to moderate treatment effects were found for Week 7 social communication (d = .49) and basic needs communication (d = .43). A larger effect was found for pleasure at Week 7 (d = .58). b Discussion: As expected, given the engaging nature of the TimeSlips creative storytelling intervention, analyses revealed increased positive affect during and at 1 week postintervention. In addition, perhaps associated with the intervention's reliance on positive social interactions and verbal communication, participants evidenced improved communication skills. However, more frequent dosing and booster sessions of TimeSlips may be needed to show significant differences between treatment and control groups on long-term effects and other outcomes.
Phoasavadi, Pornprapit	Smart Band Technology: A Music-based Activity for the Thai Elderly	*Journal of Urban Culture Research*	2022	The Smart Band Application is a music application paired with a hardware device designed for the Thai elderly at foster care homes to enhance group participation in musical-based activities. It is small, wireless (or wired) and easily attached to most instruments that produce pitches. For this research a set of eight angklungs (a SE Asia bamboo tube shaker instrument) covering the range from C to high C was selected. Angklungs are affordable, easy to play and have an appealing sound. Eight Smart Band devices, which consist of a set of sensors and vibrators, were attached to the angklungs to collect data during the research. The study's participants were 30 elderly female volunteers who had no music background, living in the Tiwanon's Friendship and Welfare Foundation care facility in Nonthaburi. The "Smart Band" devices were incorporated into group musical activites in the care home where they providing timing cues to each participant during song playing sessions. Participants were interviewed to provide feedback on its effectiveness and functionality. The potential for self-led or leaderless sessions and the impact on motor skills, cognitive and focus factors are also discussed.

Pisoni, Galena; Daniel, Florian; Casati, Fabio; Callaway, Charles B; Stock, Oliviero	Interactive Remote Museum Visits for Older Adults: An Evaluation of Feelings of Presence, Social Closeness, Engagement, and Enjoyment in an Social Visit	*Proceedings - 2019 IEEE International Symposium on Multimedia, ISM 2019*	2019	This paper explores whether older adults can remotely participate in museum visits with the help of virtual environments. We design and build a system that supports shared museum co-visits between onsite visitors inside the museum and older adults from a care home. We make the experience more engaging by providing a meaningful story, connecting the objects in the museum. The aim of the study is to understand whether older adults are able to use such technology and to study the mediated sense of spatial presence, the experienced social closeness, and the level of participants' engagement and enjoyment in the visit. We discuss the relationship between these aspects and factors leading to a better remote experience for older adults. The results show that older adults enjoy and engage in remote visits, and that there is a positive correlation between enjoyment, engagement and social closeness.
Quinn, Elizabeth A; Millard, Emma; Jones, Janelle M.	Group arts interventions for depression and anxiety among older adults: a systematic review and meta-analysis	*Nature Mental Health*	2025	In this systematic review and meta-analysis, we assessed the efficacy of group arts interventions, where individuals engage together in a shared artistic experience (for example, dance or painting), for reducing depression and anxiety among older adults (> 55 yr without dementia). Fifty controlled studies were identified via electronic databases searched to February 2024 (randomised: 42, non-randomised: 8). Thirty-nine studies were included. Thirty-six studies investigated the impact of group arts interventions on depression (n = 3,360) and ten studies investigated anxiety (n = 949). Subgroup analyses assessed whether participant, contextual, intervention and study characteristics moderated the intervention–outcome relationship. Risk of bias was assessed with appropriate tools (RoB-2, ROBINS-1). Group arts interventions were associated with a moderate reduction in depression (Cohen's d = 0.70, 95% confidence interval (CI) = 0.54–0.87, P < 0.001) and a moderate reduction in anxiety (d = 0.76, 95% CI = 0.37–1.52, P < 0.001), although there was publication bias in the depression studies. After a trim and fill adjustment, the effect for depression remained (d = 0.42; CI = 0.35–0.50; P < 0.001). Context moderated this effect: There was a greater reduction in depression when group arts interventions were delivered in care homes (d = 1.07, 95% CI = 0.72–1.42, P < 0.001) relative to the community (d = 0.51, 95% CI = 0.32–0.70, P < 0.001). Findings indicate that group arts are an effective intervention for addressing depression and anxiety among older adults.

Raglio, A; Bellelli, G; Traficante, D; Gianotti, M; Ubezio, M.C; Gentile, S; Villani, D. & Trabucchi, M.	Efficacy of Music Therapy Treatment Based on Cycles of Sessions: A Randomised Controlled Trial	*Aging & Mental Health*	2010	We undertook a randomised controlled trial to assess whether a music therapy (MT) scheme of administration, including three working cycles of one month spaced out by one month of no treatment, is effective to reduce behavioural disturbances in severely demented patients. Sixty persons with severe dementia (30 in the experimental and 30 in the control group) were enrolled. Baseline multidimensional assessment included demographics, Mini Mental State Examination (MMSE), Barthel Index and Neuropsychiatry Inventory (NPI) for all patients. All the patients of the experimental and control groups received standard care (educational and entertainment activities). In addition, the experimental group received three cycles of 12 active MT sessions each, three times a week. Each 30-min session included a group of three patients. Every cycle of treatment was followed by one month of wash-out. At the end of this study, MT treatment resulted to be more effective than standard care to reduce behavioural disorders. We observed a significant reduction over time in the NPI global scores in both groups (F7,357 ¼ 9.06, p50.001) and a significant difference between groups (F1,51 ¼ 4.84, p50.05) due to a higher reduction of behavioural disturbances in the experimental group at the end of the treatment (Cohen's d ¼ 0.63). The analysis of single NPI items shows that delusions, agitation and apathy significantly improved in the experimental, but not in the control group. This study suggests the effectiveness of MT approach with working cycles in reducing behavioural disorders of severely demented patients.
Ragneskog H., Braane G., Karlsson K., Kihlgren M.	Influence of dinner music on food intake and symptoms common in dementia	*Scandinavian Journal of Caring Sciences*	1996a	The influence of dinner music on food intake and symptoms common in dementia such as depressed mood, irritability and restlessness was studied. The study was carried out in a nursing-home ward in Sweden. Soothing music was played as dinner music for weeks, Swedish tunes form the 1920s and 1930s for two weeks and pop music for two weeks. Prior to these periods, there was one week without music, and at the end of the intervention there was a two-week control period. The effects of the intervention were assessed by psychological ratings and by weighing the food helpings. It was found that during all three music periods the patients ate more in total. The difference was particularly significant for the dessert. The staff were thought to be influenced by the music, as they served the patients more food, both main course and dessert, whenever music was played. The patients were less irritable, anxious and depressed during the music periods. The results of the study suggest that dinner music, particularly soothing music, can reduce irritability, fear-panic and depressed mood and can stimulate demented patients in a nursing-home ward into eating more.
Ragneskog H., Kihlgren M., Karlsson I., Norberg A.	Dinner music for demented patients.	*Clinical Nursing Research*	1996b	At a nursing home ward for demented patients, selections of dinner music were played during three periods of 2 weeks. At the end of the study was a control period. The reactions of five patients to three different types of music were registered by video observations. This study showed that the patients were affected by music, particularly soothing music. For example, it was found that when music was played one of the study's restless patients became unusually calm whereas another fed herself more than usual. The patients spent more time with dinner when music was played. Dinner music made the patients eat more calmly. Music as a nursing tool is an intervention that is simple to realize and worth trying. A tentative conclusion of this study is that music can beneficially affect restless and agitated demented patients.

Rasing, Naomi Larissa; Janus, Sarah Ingeborg Margit; Vink, Annemieke C; Frischen, Ulrike A.S; Neuser, Johanna; Wake, Jo Dugstad; Skoluda, Nadine; Sveinsdottir, Vigdis; Geretsegger, Monika (54882309500); Langeland, Elias (57990865100); Kreutz, Gunter (23569911000); Gold, Christian (8062083300); Nater, Urs M. (9334398900); Zuidema, Sytse U. (8943344800)	The short-term impact of music interventions on stress: Results of a multinational cluster-randomized trial using salivary cortisol and alpha-amylase assessments in care home residents with dementia	*Psychoneuroendocrinology*	2025	Objective: Stress can have a negative impact on well-being and quality of life in people with dementia. Our study explored the effect of music as a potentially stress-reducing strategy in care home residents with dementia and depression of 25 care home units included in the multinational cluster-randomized controlled trial Music Interventions for Dementia and Depression in Elderly care (MIDDEL). Methods: Group music therapy consisted of singing well-known songs and reminiscence in small groups, optionally improvising on instruments and moving to music. Choir singing consisted of rehearsing well-known and new songs in larger groups of 10 + participants. During month 1, 3, and 6, saliva samples were collected 10 min before and 15 and 60 min after a session of group music therapy (n = 55), recreational choir singing (n = 72) or a book reading (n = 56) in 183 care home residents, along with a stress visual analogue scale. Results: Of 1014 saliva samples collected, 671 (66 %) were valid for alpha-amylase assay and 633 samples (62 %) for cortisol assay. Significant pre/post session changes were found for salivary cortisol, alpha-amylase, and subjective stress within study arms, although no significant difference was found between study arms. Conclusion: Group interventions, including music therapy, can have a positive impact on stress levels in care home residents with dementia. The level or intensity of participation required from the person with dementia may play a role in the impact of music on stress. Findings indicate it is feasible to collect saliva in persons with dementia non-invasively. Future studies in this population should consider strategies to improve validity of data, such as stimulating saliva flow. ClinicalTrials.gov registration NCT03496675.

Rasing, Naomi Larissa; Vink, Annemiek C; Bloska, Jodie; Nevruz, Hazal; Baklrcl, Timucin; Saltik, Yesim; Uçaner, Burcin; Wake, Jo Dugstad; Sveinsdottir, Vigdis; Geretsegger, Monika; Gold, Christian (8062083300); Frischen, Ulrike A.S. (57211124978); Neuser, Johanna (57760505200); Kreutz, Gunter (23569911000); Zuidema, Sytse U. (8943344800); Janus, Sarah Ingeborg Margit (56574967300)	Video Analysis of Group Music Therapy for Dementia: Intervention Delivery and Treatment Fidelity	*Journal of Music Therapy*	2025	In the recent multinational cluster-randomized Music Interventions for Dementia and Depression in ELderly care trial, group music therapy (GMT) was one of two music-based interventions for care home residents with dementia and depressive symptoms received for 6 months. In this study, we assessed the quality of intervention delivery and treatment fidelity of video-recorded GMT sessions. A randomly selected sample of video recordings (n = 53) from 19 music therapists across five countries were analyzed by two independent raters using a fidelity checklist. The average session duration was 40 min with four residents attending. Essential session components Introduction with welcome song (90.6%), Song singing and reminiscence (96.2%) and Closing with a farewell song (85.4%) were commonly carried out, in contrast to optional components Improvisation on instruments (69.8%) and Movement to music (37.7%). The inter-rater agreement showed an assessment of checklist items related to Song singing and reminiscence was challenging. Twelve categories of rater comments (n = 606) were identified, including: clarifying coding choices, therapist-related observations, expressing doubt in coding, and order of components. Six categories were identified for 82 significant moments described by the raters, including observations related to residents' (re)actions, interaction, music activity, music therapist, care staff, and disruption of session. Agreement between raters showed that it was feasible to provide GMT using a pre-established session structure, where music therapists could tailor session content to current needs of individual residents. Assessment of intervention delivery and treatment fidelity based on video-recorded sessions is challenging yet valuable for increasing understanding of efficacy and implementation of music-based interventions. Trial registration: ClinicalTrials.gov NCT03496675.

Rasing, Naomi Larissa; Vink, Annemieke C; Schmitz, Mirjam; Wake, Jo Dugstad; Geretsegger, Monika; Sveinsdottir, Vigdis; Gold, Christian; Saltik, Yesim; Nevruz, Hazal; Uçaner, Burcin; Frischen, Ulrike A.S. (57211124978); Neuser, Johanna (57760505200); Kreutz, Gunter (23569911000); Ablewhite, Joanne (56091513800); Schneider, Justine M. (7404422376); Zuidema, Sytse U. (8943344800); Janus, Sarah Ingeborg Margit (56574967300)	Barriers and Facilitators for Implementing Music Interventions in Care Homes for People with Dementia and Depression: Process Evaluation Results of the Multinational Cluster-Randomized MIDDEL Trial	*Behavioral Sciences*	2025	A process evaluation was embedded in the multinational Music Interventions for Dementia and Depression in ELderly care (MIDDEL) trial to better understand barriers and facilitators for implementing music-based interventions (MBIs). Stakeholders from 66 care home units across 5 countries completed a survey at baseline (n = 229) and after a six-month intervention period (n = 101), comparing expectations and experiences between countries, intervention groups, and stakeholders. MBIs were evaluated and found to be relevant and feasible. Barriers include a lack of support, turnover among employees, and a lack of motivation. Facilitators include individual stakeholders who proactively facilitate and stimulate implementation, as well as the presence of stable, well-functioning teams, clear communication, and adhering to project plans. Fewer barriers than expected related to care staff workload and the time needed for implementing new MBIs in care homes. MBIs can be beneficial for people with dementia, yet implementation in care homes can be challenging due to contextual factors. Involving stakeholders in key positions is essential: care home managers are pivotal for policy-making and the sustainable adoption of MBIs, whereas the commitment and the involvement of care staff are needed for day-to-day implementation. Insight into these barriers to and facilitators of implementation can contribute to the interpretation of trial results.

Robertson, Jane M; McCall, Vikki	Facilitating creativity in dementia care: The co-construction of arts-based engagement	*Ageing and Society*	2020	This paper seeks to understand the engagement of people with dementia in creative and arts-based activities by applying a relational model of citizenship and incorporating concepts of contextual and embodied learning from adult learning theory. A theoretically driven secondary analysis of observational and interview data focuses on the engagement of staff, volunteers and people with dementia during an arts-based intervention in a day centre and care home. The processes through which learning is co-constructed between the person with dementia, staff/volunteer facilitators and peers in the group to co-produce a creative engaged experience involves: increasing confidence for learning, facilitating social and physical connections, and affirming creative self-expression. The role of facilitator is central to the process of creative engagement to reinforce a sense of agency amongst participants and recognise people's prior experiences of learning and engagement in creative activities. People with dementia continue to learn and grow through engagement in creative activities to produce positive outcomes for the individual participants and for the care staff who observe and participate in this creativity. Facilitating creativity requires attention to lifelong experiences of learning in addition to the immediate interactional context to integrate arts-based interventions in dementia care successfully.
Roe, Brenda H; McCormick, Sheila; Lucas, Terri; Gallagher, Wendy; Winn, Andrea; Elkin, Sophie	Coffee, Cake & Culture: Evaluation of an art for health programme for older people in the community	*Dementia*	2016	Arts for health initiatives and networks are being developed in a number of countries and an international literature is emerging on the evidence of their benefits to people's health, wellbeing and quality of life. Engagement in cultural and creative arts by older people can increase their morale and self-confidence and provides opportunities for social connection. Museums and galleries are increasingly required to justify their expenditure, reach and impact and some are working in partnership with local councils, hospitals, schools and communities to improve access to their collections. There is a body of literature emerging that describes such initiatives but empirical evidence of their benefits is less developed. This article reports an evaluation of an art for health initiative – Coffee, Cake & Culture organised and delivered by Whitworth Art Gallery and Manchester Museum in 2012 for older people living in a care home and a supported living facility. The study has identified the benefits and impacts of the arts for health programme and its feasibility for older people, with or without diagnosed memory loss – dementia, living in a care home or supported living facility and their care staff. The findings demonstrate there were benefits to the older people and their care staff in terms of wellbeing, social engagement, learning, social inclusion and creativity. These benefits were immediate and continued in the short term on their return home. The majority of older people and care staff had not previously been to the art gallery or museum and the programme encouraged creative arts and cultural appreciation which promoted social inclusion, wellbeing and quality of life. The programme is feasible and important lessons were identified for future planning. Further research involving partnerships of researchers, arts for health curators, artists, care staff, older people and their families is warranted.

S. L. Hicks-Moore	Favorite music and hand massage: Two interventions to decrease agitation in residents with dementia	*Dementia : the international journal of social research and practice*	2007	Agitation in individuals with dementia living in the nursing home environment affects care and quality of life. Relaxation techniques such as music and massage are showing promise to decrease agitation and improve quality of life in individuals with dementia. Using an experimental 3 × 3 repeated measures design, 41 residents with mild to moderate dementia participated in a study to test the effectiveness of favorite music (FM) and hand massage (HM) in reducing agitated behaviors. Agitated residents were randomly assigned to either the treatment or control groups. Residents in the treatment group received each of three treatments, HM, FM, and HMFM, with each treatment lasting 10 minutes. Residents in the control group received no treatment. Agitation was measured using the Cohen-Mansfield Agitation Inventory (CMAI) at three different intervals. The results suggest that FM and HM individually and combined are effective in significantly decreasing agitation immediately following the intervention and also one hour post intervention.
Schlorff, Jenna; Ruan, Brandon; Got, Tiffany C; Mackinnon, Chelsea	Understanding the impact of the “Fountains of Uke” intergenerational music program on long-term care residents	*Music and Medicine*	2022	As the aging population reaches an all-time high, depression and social isolation among older adults are becoming significant concerns for public health. Music engagement and intergenerational programming may improve depressive symptoms and reduce social isolation in seniors by fostering relationships and engagement. Thus, the “Fountains of Uke Program” combines musical experiences with intergenerational interactions to combat these outcomes by creating a space where elementary students and Long-Term Care residents can engage in music and social interactions. This study aims to investigate the program’s effects on residents in Long-Term Care homes. Behaviour, cognition, depression, and social isolation were measured before and after the intervention using validated scales and qualitative interviews. Quantitative measures did not show improvements in the outcomes of depression and social isolation. However, qualitative outcomes indicate the intergenerational music program had positive impacts on the Long-Term Care resident participants. Future studies should be implemented over a longer time period, in multiple Long-Term Care homes, and with a larger sample size to increase external validity. Future research should also consider the baseline health status of participants, as well as the normative mental and physical health decline among Long-Term Care residents over time when selecting outcome measures, analyzing data, and drawing conclusions.

Schneider, Justine M; Ablewhite, Joanne; Bloska, Jodie; Orrell, Martin William; Odell-Miller, Helen; Assmus, Jörg; Gold, Christian; Sveinsdottir, Vigdis	Impact of Music Interventions on Depression in Care Home Residents with Dementia: UK Results from Music Interventions for Depression and Dementia in Elderly Care RCT	*Geriatrics (Switzerland)*	2025	Background: We report UK findings from Music Interventions for Depression and Dementia in Elderly care (MIDDEL), a cross-national, clustered, randomised trial undertaken in 2018–2023 to evaluate the effectiveness of music interventions for depression symptoms in care home residents living with dementia (NCT03496675, clinicaltrials.gov (accessed on 1 December 2024)). The trial compared the effects of Group Music Therapy (GMT) with Recreational Choir Singing (RCS); GMT and RCS combined; and treatment as usual (TAU). Methods: In the intervention arms, the protocolized music interventions were delivered in care home units twice per week for three months, then once per week for three months. The primary outcome was depressive symptoms after six months, measured by MADRS. Secondary outcomes included well-being—EQ-5D-5L, Visual Analogue Scale (VAS); quality of life—QOL-AD; symptoms of dementia—SIB-8, NPI-Q; and caregiver distress—NPI-Q. The change in MADRS score from baseline to 6 months was assessed using a linear mixed-effects model. We report the multivariate model having both treatments as predictors, both unadjusted and adjusted, for the interaction between the treatments. Results: The UK trial started in 2022 after the pandemic lockdown, when 16 care home units were recruited and randomised, four per arm; 192 residents aged over 65 with depression and dementia participated. An ITT analysis of 146 participants retained at 6 months found neither intervention had a significant positive effect on any outcome. Significant unfavourable effects were found for RCS participants on MADRS, NPI symptom severity, and EQ-VAS. The combination of RCS + GMT had a detrimental effect on caregiver distress. Conclusions: MIDDEL UK findings do not support the use of GMT or RCS to alleviate depression in care home residents with dementia.
Smith G. H.	A comparison of the effects of three treatment interventions on cognitive functioning of Alzheimer patients	*Music Therapy*	1986	This study explored the effects of three treatment approaches on the cognitive functioning of Alzheimer's subjects: (a) musically cued reminiscence, (b) verbally cued reminiscence, and (c) music alone. The subjects were 12 female nursing home residents ranging in age from 71 to 92 who suffered from senile dementia and met currently accepted guidelines for having Alzheimer's Disease. Changes in cognitive functioning were ascertained by the differences between pre- and post-session treatment scores on the Mini-Mental Status Questionnaire. Comparisons were made for total scores and subscores for orientation, attention, and language. The results showed that musically cued and verbally cued reminiscence significantly increased language subsection scores, but not orientation or attention subscores, nor total scores. Musical activity alone significantly increased total scores, but not any subsection scores. No one treatment intervention proved to be significantly more effective than the other two in increasing cognitive functioning level. Pretreatment scores were not predictive as to which intervention would be most effective. The findings suggest that music may be a useful treatment modality for Alzheimer patients in promoting optimal cognitive functioning. Further research should be carried out for a longer period of time with more subjects.

Sole, C; Mercadal-Brotons, M; Galati, A; De Castro, M	Effects of Group Music Therapy on Quality of Life, Affect, and Participation in People with Varying Levels of Dementia	*Journal of music therapy*	2014	Background: There is substantive literature reporting the importance and benefits of music and music therapy programs for older adults, and more specifically for those with dementia. However, few studies have focused on how these programs may contribute to quality of life. Objectives: Objectives for this exploratory study were: (a) to evaluate the potential effect of group music therapy program participation on the quality of life of older people with mild, moderate, and severe dementia living in a nursing home; (b) to identify and analyze changes in affect and participation that take place during music therapy sessions; and (c) to suggest recommendations and strategies for the design of future music therapy studies with people in various stages of dementias. Methods: Sixteen participants (15 women; 1 man), with varying level of dementia participated in 12 weekly music therapy sessions. Based on Global Deterioration Scale (GDS) scores, phases of cognitive function were as follows: mild (n = 9; GDS 3–4), moderate (n = 5; GDS 5), and severe (n = 2; GDS 6–7). Data were collected using the GENCAT scale on Quality of Life. Sessions 1, 6, and 12 were also video recorded for post-hoc analysis of facial affect and participation behaviors. Results: There was no significant difference in quality of life scores from pre to posttest ($z = -0.824$; $p = 0.410$). However, there was a significant improvement in median subscale scores for Emotional Well-being ($z = -2.176$, $p = 0.030$), and significant worsening in median subscale scores for Interpersonal Relations ($z = -2.074$; $p = 0.038$) from pre to posttest. With regard to affect and participation, a sustained high level of participation was observed throughout the intervention program. Expressions of emotion remained low. Conclusions: Authors discuss implications of study findings to inform and improve future research in the areas of music therapy, quality of life, and individuals with dementia.

Street, Alexander J; Fernie, Paul ; Fachner, Jörg C; Di Campli San Vito, Patrizia; Farina, Nicolas; Hsu, Minghung; Muller, Leonardo; Brewster, Stephen Anthony; Banerjee, Sube Preeya; Kirke, Alexis J; Shaji, Hari (58125626500); Itaboraí, Paulo Vitor (58030696800); Miranda, Eduardo Reck (56906639200)	RadioMe: an automated home-based radio, music playlist, and diary reminder system: Report on recruitment, music compilation, and listening, and preliminary testing of heart rate activated music	*Frontiers in Psychology*	2025	Background: One of the leading reasons for early admission to a care home in dementia is the escalation of neuropsychiatric symptoms (NPS), and music listening can help regulate these symptoms. Aims: RadioMe was a project designed for people living at home with dementia to build a system to help them maintain the highest quality of life there for as long as possible, with three functional components: 1. Streaming radio; 2. Providing pre-recorded spoken diary reminders; 3. interrupting the radio with pre-compiled playlists when a wrist-worn heart rate (HR) monitor detects stress. This article reports on the first two stages of this three-stage project: 1. recruitment, the music compilation process, responses of participants when listening, collection of daily agitation HR and behavioural data, and 2. preliminary testing of HR-activated music. Materials and methods: In stage 1, a playlist compilation process was co-designed with a lived experience group; HR and behavioural data were collected by participants when agitated to refine the algorithm used for automated music activation; 15 home visits were conducted to compile and test the playlists, collecting video, HR, and autobiographical data in each session to inform on playlist suitability for NPS management. Stage 2 involved installing systems to test automated playlist activation, and informal feedback was gathered on system functionality and user experience. Findings: The music compilation process enabled the creation of bespoke playlists. Sessional HR and video data had limited utility in supporting the suitability of music for NPS management. The methodology for collecting agitation data from participants failed, and the algorithm was not refined. Researchers compiled playlists with 25 people living with dementia, with a mean age of 73.8 years (n = 12 men, 13 women). Ten participants had systems installed to test automated music activation. They found it too complex; system calibration was not sensitive enough, music played at random times, and it became repetitive. The system needs extensive refinement to simplify its operation. The activation of the music needs to be better calibrated. A feasible and effective method of gathering data from participants in their homes is required to refine the algorithm, which must include HR/biodata during milder NPS events, as participants reported these to be more in line with their symptoms.

Stuart-Röhm K, Clark IN, Baker FA.	Person-centred caregiver singing for people living with dementia in South Africa: A mixed methods evaluation of acceptability, feasibility, and professional caregivers' experiences	*Health Expect*	2024	BACKGROUND: Dementia care in South Africa faces challenges including a paucity of published research, a prevalent medical model in healthcare, and inadequate caregiver training. Music is a meaningful psychosocial intervention in dementia care, yet its application is not always safe and effective. A training protocol was codesigned to enhance caregivers' delivery of person-centred care through attuned, live singing. OBJECTIVES: This study explored the acceptability and caregivers' experiences of a person-centred caregiver singing (PCCS) protocol in South Africa. METHODS: A PCCS workshop was applied at seven aged care homes in Cape Town, South Africa. Forty-one formal caregivers adhered to inclusion criteria and consented to attend one workshop on PCCS. Mixed methods data collection was obtained from questionnaires containing a Likert scale and written reflections. Quantitative data were analysed through nonparametric tests and narrative descriptions, and qualitative data through thematic content analysis. Findings were integrated deductively using seven components of acceptability. RESULTS: Findings converged to show caregivers' positive experiences, highlighting observed improvements in residents' wellbeing, caregivers' capabilities, empathic connection, and person-centred care beyond the one-on-one. Caregivers' limited song repertoire and residents' unpredictability hindered implementation, however, the skills acquired appeared useful and applicable. CONCLUSIONS: Integration of findings suggests the acceptability of PCCS as caregivers experienced PCCS as a helpful, easy-to-implement intervention that contributes to their delivery of person-centred care. Further research focused on caregiver self-efficacy, empathy, and caregivers' own personhood is needed as well as determining the most effective strategies to ensure maximum uptake and sustainability in the sector. PATIENT OR PUBLIC CONTRIBUTION: Formal caregivers participated in this study, both attending the training and implementing the singing protocol with residents in their care at their respective care homes. The people living with dementia residing at the care home were recipients of the singing protocol but not included as participants in the research.
Sung, Huei-chuan; Chang, Shu-min; Lee, Wen-li; Lee, Ming-shinn	The effects of group music with movement intervention on agitated behaviours of institutionalized elders with dementia in Taiwan	*Complementary therapies in medicine*	2006	Background: Agitated behaviours are identified by caregivers as the most challenging in dementia care. Alternative approaches reducing occurrence of agitated behaviours and the need for chemical or physical restraints become valuable for institutionalized elders with dementia. Objective and setting: This study was to evaluate the effects of group music with movement intervention on occurrence of agitated behaviours of institutionalized elders with dementia in Taiwan. Methods: A randomized controlled trial was used. Thirty-six institutionalized elders with dementia completed the study, with 18 in the experimental group receiving group music with movement intervention twice a week for 4 weeks and 18 in the control group receiving usual care without intervention. Modified Cohen-Mansfield Agitation Inventory was used to assess agitated behaviours at baseline, weeks 2 and 4. Results: Agitated behaviours were significantly reduced in the experimental group following 4 weeks of group music with movement intervention compared to that of the control group ($p < 0.001$). Conclusions: Group music with movement intervention can be beneficial in managing agitated behaviours of those with dementia and should be incorporated into careroutines in residential facilities.

Suzuki A.	The effects of music therapy on mood and congruent memory of elderly adults with depressive symptoms	*Music Therapy Perspectives*	1998	This study examined music therapy's effects on mood changes and accessibility of positive and negative memories among depressed elderly individuals in a residential care home. Five females and 3 males, categorized as depressed via the Geriatric Depression Scale, completed this study. The subjects completed a pretest, received nine 45-minute music therapy sessions over 3 weeks, and completed a posttest. The pretest and the posttest included the Positive and Negative Affect Schedule (PANAS) and the memory retrieval test. The Wilcoxon Matched-Pairs Signed-RanksTests revealed significant decreases in subjects' Negative Affect scores and in the percentages of unpleasant memories recalled after music therapy (P =.026 and P = .034 respectively). The Spearman rank order correlation coefficient was computed to examine mood congruent effect. No significant correlation was found between changes in mood and inproportion of pleasant/unpleasant memories.
Svansdottir, HB; Snaedal, J	Music therapy in moderate and severe dementia of Alzheimer's type: a case-control study	*International psychogeriatrics*	2006	Background: Music therapy is a potential non-pharmacological treatment for the behavioral and psychological symptoms of dementia, but although some studies have found it to be helpful, most are small and uncontrolled. Methods: This case-control study was carried out by qualified music therapists in two nursing homes and two psychogeriatric wards. The participants were 38 patients with moderate or severe Alzheimer's disease (AD) assigned randomly to a music therapy group and a control group. Results: The study showed a significant reduction in activity disturbances in the music therapy group during a 6-week period measured with the Behavior Pathology in Alzheimer's Disease Rating Scale (BEHAVE-AD). There was also a significant reduction in the sum of scores of activity disturbances, aggressiveness and anxiety. Other symptoms rated by subscales of the BEHAVE-AD did not decrease significantly. Four weeks later the effects had mostly disappeared. Conclusions: Music therapy is a safe and effective method for treating agitation and anxiety in moderately severe and severe AD. This is in line with the results of some non-controlled studies on music therapy in dementia.

Sveinsdottir, Vigdis; Assmus, Jörg; Schneider, Justine M; Baker, Felicity A; Uçaner, Burcin; Kreutz, Gunter; Geretsegger, Monika; Rasing, Naomi Larissa; Bloska, Jodie; Stretton-Smith, Phoebe A; Lee, Young Eun C; Wake, Jo Dugstad; Odell-Miller, Hele; Tamplin, Jeanette D; Vink; Ablewhite, Joanne; Neuser, Johanna; Frischen, Ulrike A.S; Timmer, Antje; Wosch, Thomas; Janus, Sarah Ingeborg Margit; Gold, Christian	Clinical effectiveness of music interventions for dementia and depression in older people (MIDDEL): a multinational, cluster-randomised controlled trial	*The Lancet Healthy Longevity*	2025	Background: Dementia and depression are among the leading causes of global disease burden. Effective and scalable interventions are needed to address the effect of these conditions, and music interventions are a promising non-pharmacological approach. The aim of this study was to determine the effectiveness of music interventions on depressive symptoms among care home residents with dementia in Australia, Germany, the Netherlands, Norway, Türkiye, and the UK. Methods: Music Interventions for Dementia and Depression in Elderly care was a large, multinational, cluster-randomised controlled trial with a 2 × 2 factorial design to examine the effects of group music therapy, recreational choir singing, or both compared with standard care. The trial was done in 86 care home units across Australia, Germany, the Netherlands, Norway, Türkiye, and the UK. Care home units were required to host at least ten residents who met the inclusion criteria. Participants were required to be aged 65 years or older; a full-time resident in a participating care home unit; have dementia as indicated by a Clinical Dementia Rating score of 0·5–3 and a Mini-Mental State Examination score of 26 or less; have mild depressive symptoms as indicated by a Montgomery–Åsberg Depression Rating Scale (MADRS) score of at least 8; and a clinical diagnosis of dementia. Care home units with residents with dementia and depressive symptoms were randomly assigned (1:1:1:1; block randomisation stratified by site, using a computer-generated list) to group music therapy, recreational choir singing, a combination of these strategies, or standard care. The primary outcome was MADRS assessed at 6 months in the intention-to-treat population, which included all participants with available data. Assessors were masked but care staff, intervention providers, and residents were not masked due to the nature of the intervention. Intervention effects were analysed with ANCOVA for the total sample and per country. The trial was registered at ClinicalTrials.gov, NCT03496675, and is completed. Findings: Between July 18, 2018, and Feb 1, 2023, 86 care home units with 1021 residents were enrolled and randomly assigned to one of the four groups. 22 care home units with 258 residents were randomly assigned to group music therapy, 22 care home units with 281 residents were allocated to recreational choir singing, 21 care home units with 244 residents were assigned to a combination of both group music therapy and recreational choir singing, and 21 care home units with 238 residents were assigned to standard care. The mean age of residents was 85·6 years (SD 7·4); most residents (747 [73·2%]) were female and 274 (26·8%) were male. Intention-to-treat analysis of 751 residents with data at 6 months showed no significant effect on MADRS scores of either recreational choir singing versus no recreational choir singing (β 0·4 [95% CI −1·3 to 2·1]; p=0·68), group music therapy versus no group music therapy (β 0·8 [−1·0 to 2·6]; p=0·37), or the interaction between recreational choir singing and group music therapy (β −0·6 [−3·1 to 1·9], p=0·63; β represents mean difference estimated from ANCOVA). Effects varied between countries. No related adverse events were reported and acute medical hospital admission rates were similar across groups at 3 months and 6 months. Interpretation: Internationally, active group music interventions as conducted in this study do not reduce depressive symptoms more than standard care in the long term. Country was the strongest predictor for differences in effects, underlining the importance of cultural and systemic differences. Intervention guidelines and health-care policies need to be carefully tailored to the specific contexts of care home populations and levels of care. Future multisite trials should focus on more narrowly defined target groups or contexts to reduce the risk of heterogeneity overshadowing potential effects of interventions. Although music interventions might be beneficial for people with dementia, there is a need to harmonise their implementation and investigate the mechanisms through which they work. Funding: EU Joint Programme – Neurodegenerative Disease Research, and National Health and Medical Research Council, Australia.

Tangerås, Thor Magnus	Moments of meeting: A case study of Shared Reading of poetry in a care home	*Frontiers in Psychology*	2022	There is a growing research interest in the value of participative arts-based strategies for enhancing wellbeing amongst adults living with dementia. One such intervention, centred around literature, is the group activity called Shared Reading. The purpose of this case study of weekly Shared Reading sessions of poetry in a care home in Merseyside is to investigate instances of how participants with mild to moderate dementia collaborate in processes of meaning-making that allow them shared experiences of being moved by poetry. An under-thematised aspect of psychological wellbeing is the capacity for being moved and for sharing such moments. This article addresses the following question: how can the specific multimodality of the text (participants have a copy of the text before them, the poem is read aloud and there may be use of non-verbal aids) in the Shared Reading model help to bring about such experiences? Using Stern's concepts of Now Moments and Moments of Meeting, this case study discusses various instances of unpredictable, surprising and spontaneous intersubjective moments between participant and poem, participant and reader leader, participant and staff, participant and relative.
Taylor, John R; Milne, Andrew J; MacRitchie, Jennifer	New musical interfaces for older adults in residential care: assessing a user-centred design approach	*Disability and Rehabilitation: Assistive Technology*	2023	Purpose:For older adults in aged-care, group music-making can bring numerous physical and psychological benefits, ultimately improving their quality of life. However, personalising music-making to optimise these benefits is often difficult given their diverse ages, experiences, abilities, cognitive and motor skills, and their experience with music technology. Materialsandmethods:In this study, we conducted a 10-week group music-making intervention with twenty participants in an aged-care home, using a prototype digital musical instrument that we iteratively refined by following a user-centred design approach from direct resident feedback. The prototype instrument adopted a novel method for errorless learning in music-making settings, which we also refined, by increasing the difficulty level of the instrument's operation. We also assessed the residents' engagement with the sessions by obtaining feedback from caregivers and facilitators. Results:Results show that residents' enjoyment decreased as the complexity (difficulty) of our errorless learning implementation increased. We also found that resident engagement increased when changes to the prototype digital musical instrument were provided, but not when residents were giving feedback. Results also found that participation over the course of the intervention, and the number of songs played during each session also enhanced engagement. Conclusions: Overall, our results show the intervention was beneficial to residents, although we note some areas of enhancement for further interventions in designing prototype musical instruments for group music-making in aged-care settings. IMPLICATIONS FOR REHABILITATION Older adults positively engage with novel music technology, and do so increasingly over subsequent sessions. Repeated sessions may have the potential to enhance longer-term adoption of technologies as well as any rehabilitative effects of the group music-making activity. There is significant potential for residents with different abilities to all make music together, although to maximise the sustainability of the devices, the sessions, and the subsequent rehabilitative benefits, residents must be given the right adaptation for individual interfaces that balances ambition and ability. Rapid DMI prototyping positively enhances engagement among older adults, suggesting that in the case of a custom DMI, an upgrade schedule should be aligned with key rehabilitative milestones. Similarly, in the case of pre-developed digital music systems, resident exposure to new features or functionality should be strategically introduced, so as to maximise engagement for key phases of resident rehabilitation.

Thomas, D.W.; Heitman, R.J.; Alexander, T.	Effects of Music on Bathing Cooperation for Residents with Dementia	*Journal of Music Therapy*	1997	The task of bathing uncooperative patients with middle to late dementia constantly challenges caregivers who must balance the important ethical concerns of maintaining patient autonomy/dignity while also meeting basic physical needs. The agitation associated with bathing is expressed in a multitude of behaviors ranging from physical and verbal combativeness to avoidance and hiding. The purpose of this study was to evaluate music's effect on bathing cooperation among a group of patients diagnosed with Alzheimer's disease. A convenience sample of 14 residents was selected by the nursing staff of a 119-bed nursing facility based on behaviors that demonstrated resistance to bathing and a premorbid interest in music as disclosed by family members. A quasi-experimental design was employed with each subject receiving three pretreatment observations, three treatment observations and three posttreatment observations. Data was analyzed using Cochran's Q nonparametric test for related samples to determine if matched sets of frequencies for the dependent variables differed significantly among the nine recording times. The results of the data analysis showed no significant differences among the nine recording times for the dependent variables of hiding/hoarding (Q = 6.700; p = .570). physically nonaggressive behavior (Q = 7.600; p = .473), and verbally agitated behavior (Q = 34.511; p = .000). Significance was found with the independent variable of aggressive behavior. Results of this study suggest that the discretionary use of music may have some effect on delaying the onset of more severe forms of agitation. Furthermore, reducing physical aggressiveness may have the dual effect of improving the patient's quality of life while also increasing job satisfaction among primary careproviders.
Tischler, Victoria A; Zeilig, Hannah; O'Malley, Mary; Asker, Chloe	Together yet apart: Rethinking creativity and relational dementia care during the Covid-19 pandemic	*Geriatric Nursing*	2023	Culture Box was a creative project that responded to deprivation and distress experienced by those with dementia in care homes during the COVID-19 pandemic. Remote and digital creative activities were designed and delivered as 'Culture Boxes' to care homes, aiming to alleviate social isolation and loneliness for people with dementia. Eighty-eight people with dementia and 33 care staff from 33 care homes across England were recruited to the study, with 68 people with dementia and 28 staff completing the study 12 months later. Participatory Action Research combining mixed methods was used to evaluate the project. Baseline and follow-up surveys and dialogic interviews at 3 time points during the study collected quantitative and qualitative data and were analysed descriptively and via inductive thematic analysis respectively. Qualitative findings indicated that the project activities facilitated relational care through creative experiences characterised by sharing, building relationships, and developing a sense of community. Social health was promoted via participation in social activities and fostering independence. Future studies should further explore the utility of creative practices to develop relational care, to support care staff, and to maximise wellbeing benefits for those living with dementia.

Toohey, Blake; Moloney, Gail; Hutchinson, Marie	'I'm still using my body'- dancing with the lived musical body: an interpretative phenomenological analysis of embodied knowledge	*Ageing and Society*	2025	The body acquires knowledge through interactions with the world. This knowledge resides in the body and shapes our physical, social and emotional experiences. Older adults possess extensive embodied knowledge, but its expression can be suppressed by environmental and social change, such as relocating to a residential care home (RCH). Dancing is more than movement; it is an embodied activity that involves complex interactions among the body, space, time and other people. Dance has been shown to benefit older adults, yet existing research often focuses on physical and cognitive outcomes, with limited attention to dance as an embodied lived experience, especially in an RCH context. This study explores six older adults' lived experiences of dancing. Its interpretative phenomenological analysis reveals that participants possessed a vast reserve of embodied knowledge which emerged when they participated in synchronised seated dance. Two superordinate themes- embodied musicality and rekindled connections to the lifeworld-detail how older adults expressed embodied knowledge during dance, becoming connected with their body, space, time and others, nurturing a sense of self. Dancing also helped participants navigate the changes in their body and environment, enriching their living experience in an RCH. The findings contribute to the broader field of dance research, demonstrating how seated dance facilitates accessing and expressing embodied knowledge later in life, and to the limited research on dance in RCHs, positioning dance as a meaningful mode of self-expression and continuity for older adults, supporting their transition to these settings with rich emotional experiences.
Vankova, Hana; Holmerova, Iva; Machacova, Katerina; Volicer, Ladislav; Veleta, Petr; Celko, Alexander Martin	The Effect of Dance on Depressive Symptoms in Nursing Home Residents	*Journal of the American Medical Directors Association*	2014	Objective: To evaluate the effect of a dance-based therapy on depressive symptoms among institutionalized older adults. Design: Randomized controlled trial. Setting: Nursing homes. Participants: Older adults (60 years or older) permanently living in a nursing home. Intervention: Exercise Dance for Seniors (EXDASE) Program designed for the use in long-term care settings performed once a week for 60 minutes for 3 months. Measurements: Baseline measures included sociodemographic characteristics, ability to perform basic as well as instrumental activities of daily living, basic mobility, self-rated health, and cognitive status. Outcome measures were collected before and after the intervention and included assessment of depressive symptoms using the geriatric depression scale (GDS). Results: Comparison of participants with MMSE of 15 or higher showed that GDS scores in the intervention group significantly improved (P ¼ .005), whereas the control group had a trend of further worsening of depressive symptoms (P ¼ .081). GLM analysis documented highly statistically significant effect of dance therapy (P ¼ .001) that was not influenced by controlling for intake of antidepressants and nursing home location. Dance therapy may have decreased depressive symptoms even in participants with MMSE lower than 15 and resulted in more discontinuations and fewer prescriptions of antidepressants in the intervention group than in the control group. Conclusion: This study provides evidence that dance-based exercise can reduce the amount of depressive symptoms in nursing home residents. In general, this form of exercise seems to be very suitable and beneficial for this population.

Vink A. C., Bruinsma M. S., Scholten R. J. P. M.	Music therapy for people with dementia. Cochrane database and systematic reviews	*Cochrane Library*	2011	Background Dementia is a clinical syndrome with a number of different causes which is characterised by deterioration in cognitive functions. Research is pursuing a variety of promising findings for the treatment of dementia. Pharmacological interventions are available but have limited ability to treat many of the syndrome's features. Little research has been directed towards non-pharmacological treatments. In this review the evidence for music therapy as a treatment is examined. Objectives To assess the effects of music therapy in the treatment of behavioural, social, cognitive and emotional problems of older people with dementia, in relation to the type of music therapy intervention Search methods ALOIS, the Specialized Register of the Cochrane Dementia and Cognitive Improvement Group (CDCIG) was searched on 14 April 2010 using the terms: music therapy, music, singing, sing, auditory stimulation. Additional searches were also carried out on 14 April 2010 in the major healthcare databases MEDLINE, EMBASE, PSYCinfo, CINAHL and LILACS, trial registers and grey literature sources to ensure the search was as up-to-date and as comprehensive as possible. Selection criteria Randomised controlled trials that reported clinically relevant outcomes associated with music therapy in treatment of behavioural, social, cognitive and emotional problems of older people with dementia. Data collection and analysis Two reviewers screened the retrieved studies independently for methodological quality. Data from accepted studies were independently extracted by the reviewers. Main results Ten studies were included. The methodological quality of the studies was generally poor and the study results could not be validated or pooled for further analyses. Authors' conclusions The methodological quality and the reporting of the included studies were too poor to draw any useful conclusions.

Vishwanath, Gautam	Enhancing Engagement through Digital Cultural Heritage: A Case Study about Senior Citizens using a Virtual Reality Museum	*IMX 2023 - Proceedings of the 2023 ACM International Conference on Interactive Media Experiences*	2023	As the use of Virtual Reality (VR) increases, museums have been using it to create simulations of their artefact collections. However, the level of accessibility, inclusiveness, and engagement of these simulations with senior citizens has been understudied. To address the problem, this case study presents the design of the "Pop-up VR Museum", a VR experience based on cultural heritage artefacts from the Design Museum in Helsinki that attempts to engage with audiences of wide age ranges. Users can interact with virtual artefacts and listen to stories contributed by different communities. The Pop-up VR Museum has been tested with 254 users at the museum and taken to several elderly care homes. Evaluation is based on users' gameplay data and their responses to post-experience questionnaires. Results indicate some variation in types of engagement based on users' age groups. Despite potential limitations, this study provides valuable insights for other museums to create inclusive VR experiences.
Vogelpoel, Nicholas; Lewis-Holmes, Betsy; Thomson, Linda J.M; Chatterjee, Helen J.	Touching Heritage: Community health and wellbeing promotion through sustainable and inclusive volunteer programming in the museums sector	*International Journal of the Inclusive Museum*	2013	The potential for museums to operate as agents of change in the promotion of social inclusion and health and wellbeing is a growing area of research and is aligned with the intersections between cultural engagement and public health. Using a case study analysis, this paper will discuss implications and findings of research and practice arising from a heritage-in-health programme called 'Touching Heritage: Objects to Healthcare' (hereafter 'Touching Heritage') funded by the Heritage Lottery Fund, as part of their 'Your Heritage' funding stream. The project takes museum objects from University College London collections out to people who by virtue of their health or age would otherwise be excluded from participating in cultural activities, such as those who are hospitalised, attending day or community centres or residents of care homes or sheltered housing. The project extends access to a wide variety of heritage objects, and actively involves socially excluded/isolated communities and individuals in participatory sessions. The paper will discuss the potential for museums to promote health and wellbeing by recruiting and training volunteers to become community curators and object-handling facilitators. Using a mixed-methods approach to data collection, including surveys, focus groups, interviews and reflexive feedback, the paper will discuss findings related to best practice for the development of volunteer led outreach programmes that partner museums to hospitals and community healthcare services. The paper will discuss implications for sustainable practice, satellite programming, and best practice in heritage-in-health work.

Waters, Bryony; Sousa, Lídia M; Orrell, Martin William; McDermott, Orii	Analysing the use of music to facilitate social interaction in care home residents with dementia: Narrative synthesis systematic review	*Dementia*	2022	Introduction: Individuals with dementia residing in care homes can rely heavily on care staff to access activities and meaningful interactions. Previous research suggests that care home interactions can be short, fragmented and task-orientated due to staff workload and residents' language impairments. However, music has the potential to be an alternative communication form that remains intact in the later stages of dementia. This systematic review aims to explore how care home music interventions can facilitate social interactions. Methods: A narrative synthesis was conducted to explore the mechanisms behind how and why care home music intervention facilitate social interactions. The four-element framework guided analysis; (1) Developing a theory, (2) Developing a preliminary synthesis, (3) Exploring relationships, (4) Assessing robustness. Findings: The final synthesis included 23 articles. The studies consisted of music therapy sessions, personalised music listening, structured music singing or instrument playing sessions and music therapeutic care. Despite the difference in music interventions, most studies reported an increase in residents' sociable verbal and non-verbal communication and a decrease in unsociable communication. Music interventions allowed residents to reminisce, express themselves, focus and connect with others. Discussion: The studies highlighted music interventions are accessible to all residents with dementia despite their impairments. The adaptability allows individuals to continue to connect and express themselves even when language deteriorates. More research is needed into the enablers and barriers to implementing interventions into practice, as this systematic review has highlighted that some form of music intervention for all residents can be highly beneficial. Care homes use of music could increase social interactions and meaningful activities.
Whear, Rebecca S; Abbott, Rebecca Anne; Thompson-Coon, Jo S; Bethel, Alison C; Rogers, Morwenna; Hemsley, Anthony G; Stahl-Timmins, Will M; Stein, Ken	Effectiveness of Mealtime Interventions on Behavior Symptoms of People With Dementia Living in Care Homes: A Systematic Review	*Journal of the American Medical Directors Association*	2014	Objective: Elderly residents with dementia commonly exhibit increased agitation at mealtimes. This interferes with eating and can be distressing for both the individual and fellow residents. This review examines the effectiveness of mealtime interventions aimed at improving behavioral symptoms in elderly people living with dementia in residential care. Design: Systematic review. Data sources: Medline, PsycINFO, Embase, HMIC, AMED (OvidSP); CDSR, CENTRAL, DARE (Cochrane Library, Wiley); CINAHL (EBSCOhost); British Nursing Index (NHS Evidence); ASSIA (ProQuest); Social Science Citation Index (Web of Knowledge); EThOS (British Library); Social Care Online and OpenGrey from inception to November 2012. Forward and backward citation chases, hand searches of other review articles identified in the search, and key journals. Types of study: All comparative studies were included. Articles were screened for inclusion independently by 2 reviewers. Data extraction and quality appraisal were performed by one reviewer and checked by a second with discrepancies resolved by discussion with a third if necessary. Data were not suitable for meta-analysis so narrative synthesis was carried out. Results: A total of 6118 articles were identified in the original search. Eleven articles were finally included. Mealtime interventions were categorized into 4 types: music, changes to food service, dining environment alteration, and group conversation. Study quality was poor, making it difficult to reach firm conclusions. Although all studies showed a trend in favor of the intervention, only 6 reported a statistically significant improvement in behavioral symptoms. Four studies suggest cumulative or lingering effects of music on agitated and aggressive behaviors. Conclusion: There is some evidence to suggest that mealtime interventions improve behavioral symptoms in elderly people with dementia living in residential care, although weak study designs limit the generalizability of the findings. Well designed, controlled trials are needed to further understand the utility of mealtime interventions in this setting.

Wijk, Helle; Neziraj, Merita; Nilsson, Åsa; Jakobsson Ung, Eva	Exploring the use of music as an intervention for older people living in nursing homes	*Nursing Older People*	2021	Background Enjoying cultural events such as musical performances is a human right as well as contributing to quality of life. However, older people who live in nursing homes are often excluded from such events. Music interventions for older people with cognitive decline have been shown to have a positive effect on their mood and behaviour, particularly in terms of anxiety, agitation and irritability. Aim To investigate the effect of musical interventions in nursing homes from the perspective of older people, their relatives and caregivers. Method Musical performances were held at 11 nursing homes in Sweden. These performances were followed by semi-structured interviews that aimed to capture the experiences of the older people, their relatives and caregivers. The interviews were analysed by qualitative thematic analysis. Findings Four relational themes were generated from the analysis: music enhances well-being for the body and soul, music evokes emotions and a 'spark of life', music adds a 'silver lining' to everyday life, and music inspires a journey of the imagination through time and space. Conclusion The music concerts had a positive effect on older people, their relatives and caregivers. Providing cultural encounters in nursing homes is an important caring intervention.
Wilkinson, Tarina; Van Der Merwe, Liesl; Joubert, Debra	Exploring the meaning of musicking for older adults in a care home	*International Journal of Community Music*	2023	Accessible music-related programmes are essential to the well-being of older adults. Although the role of music in the lives of older adults has been studied extensively in various settings, the purpose of this qualitative intrinsic case study was to explore the meaning older adults ascribed to musicking at a care home. The participants were older adults from one residential care home who chose to attend the weekly musicking sessions on Monday afternoons. Data were collected through interviews and reflective field notes. Five women were interviewed; two preferred individual interviews, and three wanted to be together during their interviews. The community music facilitators recorded weekly reflective field notes directly after each musicking session. The transcribed interviews and reflective field notes were included in one heuristic unit in ATLAS.ti and thematically analysed. The findings revealed that older adults' engagement in the musicking sessions was sometimes challenging. However, engagement positively affected memory and facilitated connection and positive emotions associated with aesthetic and spiritual experiences. Autonomy and resilience led to well-being. This study could encourage community members, nurses and carers to provide accessible opportunities for musicking at care homes for older adults.

Windle, Gill; Algar-Skaife, Katherine; Caulfield, Maria; Pickering-Jones, Luke; Killick, John; Zeilig, Hannah; Tischler, Victoria A.	Enhancing communication between dementia care staff and their residents: an arts-inspired intervention	*Aging and Mental Health*	2020	Objectives: The arts are increasingly recognised as important and beneficial activities for people living with dementia. However, there is little peer-reviewed published research exploring arts-based learning for dementia care staff. In response, this paper explores (a) how dementia care staff describe forms of communication in care settings, and (b) the impact on communication following four sessions of 'Creative Conversations', an arts-based intervention for skills development. Method: Fourteen care homes received the intervention, delivered as 4 × 2 hour sessions. The intervention uses a range of activities (e.g. poetry, film, music, art making). Twenty–eight care staff were opportunistically sampled (mean age = 42.29), and provided pre-post qualitative data, obtained through interviews. Transcripts were analysed thematically. Results: At baseline, the dominant 'task-focussed' nature of care work was described as a barrier to communication, challenging opportunities for developing meaningful relationships with residents. Post-intervention, three primary themes were identified regarding improving communication: (1) learning through the arts (secondary themes: simplicity and subtlety, innovation in communication, and strengthening the role of non-verbal communication), (2) Enhancing creative approaches to care (secondary themes: element of surprise, confidence to experiment and catalyst for communication) and (3) professional introspection (secondary themes: development of empathy, sharing knowledge and experiences and a new appreciation). Conclusions: The intervention validated staff skills and confidence, enabling meaningful interactions that could be creative, 'in the moment', spontaneous and improvised. This arts-based intervention, which departs from formal education and fact-based learning may be particularly useful for the development of the dementia care workforce.
Windle, Gill; Caulfield, Maria; Woods, Robert T; Joling, Karlijn J.	How can the arts influence the attitudes of dementia caregivers? A mixed-methods longitudinal investigation	*Gerontologist*	2020	Background and Objectives: Arts activities can improve social connectedness and foster reciprocity between people living with dementia and their caregivers. The extent to which the arts can help shape attitudes towards dementia remains unclear. This paper explores the impact of a 12-week visual arts program "Dementia and Imagination" on the attitudes of family and professional caregivers through a mixed-methods longitudinal investigation, underpinned by a conceptual framework of the arts in dementia care. Research Design and Methods: One hundred and forty-six family and professional caregivers were recruited across three settings in England and Wales (residential care homes, a county hospital, and community venues). Quantitative and qualitative data on caregivers' attitudes and perceptions of the impact of the arts program were collected through interviews at three time points. Results: Thematic analysis identified four themes shared across the caregivers: (1) Recognizing capabilities, (2) Social connectedness, (3) Improvements to well-being, and (4) Equality and personhood. Two further themes were distinct to family caregivers: (5) Duration of the effects of the art program, and (6) Enriched perspective. The final theme Inspiring professional development was distinct to the professional caregivers. The quantitative analysis found no effect for caregivers' attitude change over time. Family caregivers scored significantly lower than professional caregivers at each of the three time points. Discussion and Implications: Art programs have the potential to make visible the capabilities of the people living with dementia, enabling caregivers to see the person behind the condition. This study highlights practice implications for future implementation, such as the role of the arts in dementia care education.

Windle, Gill; Joling, Karlijn J; Howson-Griffiths, Teri; Woods, Robert T; Hedd Jones, Catrin; Van De Ven, Peter Marinus; Newman, Andrew; Parkinson, Clive	The impact of a visual arts program on quality of life, communication, and well-being of people living with dementia: A mixed-methods longitudinal investigation	*International Psychogeriatrics*	2018	Background: Research reviews highlight methodological limitations and gaps in the evidence base for the arts in dementia care. In response, we developed a 12-week visual art program and evaluated the impact on people living with dementia through a mixed-methods longitudinal investigation.Methods: One hundred and twenty-five people living with mild to severe dementia were recruited across three research settings in England and Wales (residential care homes, a county hospital, and community venues). Quantitative and qualitative data on quality of life (QoL), communication and perceptions of the program were obtained through interviews and self-reports with participants and their carers. Eight domains of well-being were measured using a standardized observation tool, and data compared to an alternative activity with no art.Results: Across all sites, scores for the well-being domains of interest, attention, pleasure, self-esteem, negative affect, and sadness were significantly better in the art program than the alternative condition. Proxy-reported QoL significantly improved between baseline and 3-month follow-up, but no improvements in QoL were reported by the participants with dementia. This was contrasted by their qualitative accounts, which described a stimulating experience important for social connectedness, well-being, and inner-strength. Communication deteriorated between baseline and follow-up in the hospital setting, but improved in the residential care setting.Conclusions: The findings highlight the potential for creative aging within dementia care, the benefits of art activities and the influence of the environment. We encourage dementia care providers and arts and cultural services to work toward embedding art activities within routine care provision.
Wood, Stuart	Music therapy: striking a chord with care home residents.	*Nursing older people*	2004	Music therapy came to Chalfont Lodge Nursing Care Centre as part of the Nordoff-Robbins music therapy outreach programme. Funded by the Nordoff-Robbins charity, this two-month project aimed to demonstrate the possibilities of music therapy within the home. Ten residents had music therapy over a period of eight weeks. This article offers a summary of the project, giving clinical music therapy examples, resident feedback and staff feedback. It also makes recommendations on the basis of this material for the creation of music therapy posts within a nursing care centre.

Woods, Robert T; O'Philbin, Laura; Farrell, Emma M; Spector, Aimee E; Orrell, Martin William	Reminiscence therapy for dementia	*Cochrane Database of Systematic Reviews*	2018	Background: This updated Cochrane Review of reminiscence therapy (RT) for dementia was first published in 1998, and last updated in 2005. RT involves the discussion of memories and past experiences with other people using tangible prompts such as photographs or music to evoke memories and stimulate conversation. RT is implemented widely in a range of settings using a variety of formats. Objectives: To assess the effects of RT on people living with dementia and their carers, taking into account differences in its implementation, including setting (care home, community) and modality (group, individual). Search methods: We searched ALOIS (the Cochrane Dementia and Cognitive Improvement Group's Specialized Register) on 6 April 2017 using the search term 'reminiscence.' Selection criteria: We included all randomised controlled trials of RT for dementia in which the duration of the intervention was at least four weeks (or six sessions) and that had a 'no treatment' or passive control group. Outcomes of interest were quality of life (QoL), cognition, communication, behaviour, mood and carer outcomes. Data collection and analysis: Two authors (LOP and EF) independently extracted data and assessed risk of bias. Where necessary, we contacted study authors for additional information. We pooled data from all sufficiently similar studies reporting on each outcome. We undertook subgroup analysis by setting (community versus care home) and by modality (individual versus group). We used GRADE methods to assess the overall quality of evidence for each outcome. Main results: We included 22 studies involving 1972 people with dementia. Meta-analyses included data from 16 studies (1749 participants). Apart from six studies with risk of selection bias, the overall risk of bias in the studies was low. Overall, moderate quality evidence indicated RT did not have an important effect on QoL immediately after the intervention period compared with no treatment (standardised mean difference (SMD) 0.11, 95% confidence interval (CI) -0.12 to 0.33; I2 = 59%; 8 studies; 1060 participants). Inconsistency between studies mainly related to the study setting. There was probably a slight benefit in favour of RT in care homes post-treatment (SMD 0.46, 95% CI 0.18 to 0.75; 3 studies; 193 participants), but little or no difference in QoL in community settings (867 participants from five studies). For cognitive measures, there was high quality evidence for a very small benefit, of doubtful clinical importance, associated with reminiscence at the end of treatment (SMD 0.11, 95% CI 0.00 to 0.23; 14 studies; 1219 participants), but little or no difference at longer-term follow-up. There was a probable slight improvement for individual reminiscence and for care homes when analysed separately, but little or no difference for community settings or for group studies. Nine studies included the widely used Mini-Mental State Examination (MMSE) as a cognitive measure, and, on this scale, there was high quality evidence for an improvement at the end of treatment (mean difference (MD) 1.87 points, 95% CI 0.54 to 3.20; 437 participants). There was a similar effect at longer-term follow-up, but the quality of evidence for this analysis was low (1.8 points, 95% CI -0.06 to 3.65). For communication measures, there may have been a benefit of RT at the end of treatment (SMD -0.51 points, 95% CI -0.97 to -0.05; I2 = 62%; negative scores indicated improvement; 6 studies; 249 participants), but there was inconsistency between studies, related to the RT modality. At follow-up, there was probably a slight benefit of RT (SMD -0.49 points, 95% CI -0.77 to -0.21; 4 studies; 204 participants). Effects were uncertain for individual RT, with very low quality evidence available. For reminiscence groups, evidence of moderate quality indicated a probable slight benefit immediately (SMD -0.39, 95% CI -0.71 to -0.06; 4 studies; 153 participants), and at later follow-up. Community participants probably benefited at end of treatment and follow-up. For care home participants, the results were inconsistent between studies and, while there may be an improvement at follow-up, at the end of treatment the evidence quality was very low and effects were uncertain. Other outcome domains examined for people with dementia included mood, functioning in daily activities, agitation/irritability and relationship quality. There were no clear effects in these domains. Individual reminiscence was probably associated with a slight benefit on depression scales, although its clinical importance was uncertain (SMD -0.41, 95% CI -0.76 to -0.06; 4 studies; 131 participants). We found no evidence of any harmful effects on people with dementia. We also looked at outcomes for carers, including stress, mood and quality of relationship with the person with dementia (from the carer's perspective). We found no evidence of effects on carers other than a potential adverse outcome related to carer anxiety at longer-term follow-up, based on two studies that had involved the carer jointly in reminiscence groups with people with dementia.

				The control group carers were probably slightly less anxious (MD 0.56 points, 95% CI -0.17 to 1.30; 464 participants), but this result is of uncertain clinical importance, and is also consistent with little or no effect. Authors' conclusions: The effects of reminiscence interventions are inconsistent, often small in size and can differ considerably across settings and modalities. RT has some positive effects on people with dementia in the domains of QoL, cognition, communication and mood. Care home studies show the widest range of benefits, including QoL, cognition and communication (at follow-up). Individual RT is associated with probable benefits for cognition and mood. Group RT and a community setting are associated with probable improvements in communication. The wide range of RT interventions across studies makes comparisons and evaluation of relative benefits difficult. Treatment protocols are not described in sufficient detail in many publications. There have been welcome improvements in the quality of research on RT since the previous version of this review, although there still remains a need for more randomised controlled trials following clear, detailed treatment protocols, especially allowing the effects of simple and integrative RT to be compared.

Xu, Honghua; Li, Aoyi; Apuke, Oberiri Destiny	The impact of group music therapy in ameliorating the depression among patients with dementia in care homes: A randomized control trial	*Geriatric Nursing*	2024	Despite the increasing use of music therapy to treat patients with dementia, studies focused on developing nations are still in their embryonic stages. In this view, this study examined the impact of group music therapy intervention in ameliorating depression levels among older people in two care homes. A randomized control trial (RCT) was carried out in which a total of 121 patients were randomly divided into control 61 and experimental group 60. After 6 weeks, 12-session experiment which involved passive and active music therapy, it was found that music group therapy intervention reduced the depression level of older persons in the experimental group, compared to those who were not exposed to the music therapy; control group. The music therapy session also influenced the salivary cortisol of the patients as it was shown to reduce their salivary cortisol levels. It was also observed that after three months of follow-up, participants in the experimental group still maintained a low level of depression and salivary cortisol level, but the control group's level was still high, thus, substantiating the effect of music in reducing depression among older people. We encouraged clinicians, nursing practitioners and care homes in Nigeria to incorporate music therapy as part of the treatment offered to patients with dementia.
Ziv, N; Granot, A; Hai, S; Dassa, A; Haimov, I	The Effect of Background Stimulative Music on Behavior in Alzheimer's Patients	*Journal of music therapy*	2007	Previous studies have demonstrated the benefits of music therapy in Alzheimer's patients, focusing either on improvement of healthy cognitive and social skills, or reduction of agitation symptoms. The present study examined the effect of background music on both positive and negative behaviors, during a time in which patients were not occupied with any structured activity. Twenty eight participants were observed both with and without stimulative, familiar background music. Results showed both a significant increase in positive social behaviors and a significant decrease in negative behaviors related to agitation when music is played. Results demonstrate the contribution of music to enhancing general positive functioning in elderly patients with dementia, and reducing negative behaviors typical of their condition.