MUSIC & MEMORY®: Generating Wide-Ranging Scalable Therapeutic Outcomes Across Healthcare Settings

What is Music & Memory?
The provision of personalized music to improve quality of life and quality of care. Ninety percent of all nursing home residents spend their day idle. More than half never, ever, get a visitor. Even if one’s physical status is stable, this is a recipe for decline. Why live – often expressed when they say “God, take me.”

Populations Impacted:
In Texas, due to care issues at its 13 State Supported Living Centers (SSLC), the US Department of Justice took over. One year ago, M&M trained at no charge its Austin SSLC. It worked so well with residents who suffer from a wide range of cognitive/physical challenges, that all centers have launched M&M pilots. We’ve just learned of three individuals who were non-communicative started talking -- to the amazement of everyone.

M&M can generate similar results across Texas system of health care for the state’s most impoverished and vulnerable residents being served (or on waiting lists) for care from the VA, hospices, memory care units, and hospitals.

Statistics
- Number of participants: approximately 75,000 (<2% of those who could benefit)
- Adopted in all 50 states. State health policy in 25 states (so far). Countries: 10
- Largest public hospital systems in the U.S. NYC HHC (11 hospitals); and Australia (21 hospitals)
- 380,000 with Alzheimer’s disease in Texas (approximately 80,000 in institutionalized care)
- 19,000 with Alzheimer’s in Montana (approximately 4,000 in institutionalized care)

Outcomes Generated:
- Antipsychotic meds reduction
- Falls reduction
- Hospital readmission reduction
- Delirium reduction
- Enhanced social interaction
- Improved PT, OT, SLP outcomes
- Reduced anxiety and distress
- Fewer staff injuries & physical altercations
- Better mood and communication
- Less caregiver stress
- Ameliorate swallowing difficulties
- Increased appetite

Key Videos
- Leadership Video (3 minutes)
- Intergenerational Student Support at CCRC
- Texas State Supported Living Centers Video
- Henry Video (56 million views)

Research
- International Journal of Neurorehabilitation
- University of Utah Health – Alzheimer’s Brain Imaging Study
- Music & Memory to Improve Swallowing with Advanced Dementia
- Brown University Research on Music & Memory
- Eastern Health Newfoundland M&M Study
- Front Porch Music & Memory Report
- Duke Univ. Medical Center, Dept. of Medicine, Geriatrics Research

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