

Music & MemorySM South Dakota

Personalized therapeutic music has been shown to improve behavior, reduce depressive symptoms and help residents with dementia to reconnect with others.

The South Dakota Foundation for Medical Care is leading the South Dakota Music & Memory program in collaboration with the South Dakota Health Care Association (SDHCA), South Dakota Association of Healthcare Organizations (SDAHO), Great Plains Quality Innovation Network (QIN), South Dakota Department of Health and the South Dakota Department of Human Services.

Over the next two years, 55 South Dakota nursing homes will have the opportunity to receive national Music & MemorySM certification, training and equipment to help improve dementia and person-centered care using personalized music experiences.

Request an application to participate in Music & Memory South Dakota by contacting

Teresa Haatvedt or Kayla Nielsen

**musicmemorysd@gmail.com
or (605) 444-4115.**



South Dakota

What song brings you back?

S O U T H D A K O T A

Foundation for Medical Care



Great Plains



Quality Innovation Network

www.musicandmemory.org

Benefits of Personalized Music

- Brings pleasure and joy
- Increases appetite, mood, communication and personal connections
- Reduces anxiety, distress, falls
- Results in a decline in antipsychotic medication use and hospital readmissions
- Reduces resistance to care and staff injury during care
- Strengthens bonds between staff, family and resident

"I have watched a 90 year old man doing air guitar to Johnny Cash. I have seen a woman with dementia dancing on the unit. I have seen a resident who does not talk, sing the words to songs.

I have seen a gentleman agitated and upset, calm immediately after his music play list is put on. Because of music, I have seen a lot of joy, serenity and peace shared."

Gayle Matzke, Director of Nursing
Sanford Care Center Vermillion



STEP 1: Activate a high-functioning, interdisciplinary team

- Consider appropriate staff members to participate on program team
 - Chief Executive Officer
 - Director of Nursing
 - Nurses and nursing assistants
 - Activity Director
 - Quality improvement
 - Social services
 - Therapy
 - Family members or volunteers
- Designate team leads and clarify team member roles
- Schedule regular team meetings with assignments and deadlines
- Ensure team members complete the two 1 ½ hour certification classes

STEP 2: Complete equipment, training and selection processes

- Acquire and establish storage for the laptop, music devices and headphones provided by the program
- Set up and train staff to use the computer and iTunes account
- Select residents to participate
- Obtain permission from resident or family members

STEP 3: Launch Music & Memory

- Identify residents' favorite music using the Music Assessment Questionnaires
- Build an iTunes library of music
- Load devices with individualized play lists
- Evaluate the program impact on residents
- Expand the participation and staff training

STEP 4: Evaluate and expand

- Increase awareness of the program to staff, families and residents
- Promote the program via website, social media and local media
- Track the progress of the program
- Evaluate the impact

Step 5: Create sustainability

- Integrate Music & Memory into new and ongoing employee training
- Work with volunteers by connecting with schools, community and faith-based organizations
- Build community connections by engaging active seniors and family members
- Utilize the support of the local Board of Directors, small businesses and media outlets to promote fund raising efforts to expand the program

On-line Care Communities Resources for Certified Facilities

- Free downloads of 1000+ old radio shows and donated classic music
- New staff training and certificates of completion
- Marketing and in-service training videos
- Forum to connect with peers