

Tips on Using Music Therapy for Alzheimer's

If you have a loved one living with Alzheimer's disease, music therapy can provide mood and behavior management, cognitive stimulation and an avenue for emotional expression and social connection. Alzheimer's disease does not affect the part of the brain that controls our response to auditory rhythmic cues, so music can benefit those with Alzheimer's even in the later stages of the disease.

Tips for Providing Music Therapy at Home

1. **For early-stage Alzheimer's** – Attend a live concert or performance; go dancing; encourage them to try playing an instrument they once enjoyed.
2. **Use music to help with physical exercise** – Playing music while exercising can help with gait and balance. This can also help your loved one follow a routine if you play the same kind of music each time, readying them for an exercise session.
3. **Encourage couple dancing** – This can often lead to hugs and caresses that are otherwise rare.
4. **Find music from happy times** – Music from your loved one's early adult years (18 - 25) has been shown to have the most positive effects during therapy.
5. **Choose music mindfully** – Play music with a steady, percussive beat if your goal is to help stimulate your loved one. If you want to help them calm down or prepare for bed, soothing and quiet music works best.
6. **Use a source of music without interruptions** – Radio stations have frequent commercials or commentary, which could confuse your loved one. CDs, iTunes playlists and Internet radio sites such as Pandora or Spotify are better options.
7. **Involve the grandkids** – Music therapy is a great way to involve younger family members. Ask your children to make a CD or playlist of your loved one's favorite songs.
8. **Encourage movement** – Guide your loved one through actions, such as swaying or clapping, as you listen to music together.
9. **Avoid sensory overload** – Find a setting without background noises. Turn off the TV and ask others in the room to avoid conversations unless they are helping with the music therapy.



Music therapy can also boost brain activity by engaging different parts of the brain. Singing, listening to music, moving or watching others dance or play instruments create a stimulating workout for the brain.

When used properly, music therapy can give those with Alzheimer's a way to exercise the brain while connecting physically and emotionally with those who love and care for them.

Clarity Pointe ... Our Difference is Clear

Clarity Pointe's Specialized Memory Care "Living" Neighborhoods are truly changing lives for those with [Alzheimer's disease and other dementias](#) – and for those who love them.

Unlike most other memory care providers, Clarity Pointe Jacksonville provides three freestanding, purpose-built Memory Care communities that are solely dedicated to Memory Care Assisted Living. Our communities blend luxurious surroundings with individualized care that's based on the latest advances in Alzheimer's research and provided in the most compassionate, respectful manner.

For each of our residents, we offer a life that is engaging, fulfilling, inspiring and meaningful.

To learn more about the Clarity Pointe Difference, [contact us](#) today!