

Benefits of personalized music for persons living with dementia:

Personalized music has been found to be beneficial in a number of situations. The scenarios below are meant to give you some ideas as to when to try personalized music with your loved one living with dementia.

- Try playing music prior to and during the time you are helping your loved one get dressed as it helps to relax muscles and prepares him/her for the activity of getting dressed.
- Playing music prior to and during showers, utilizing an external speaker, has resulted in less resistance to bathing.
- If your loved one becomes agitated, restless, irritable, confused, disoriented and/or calls out in the late afternoon or early evening on a frequent/daily basis (referred to as “sun downing”), note the time of day when it begins.
 - Personalized music has a calming effect and has been found beneficial if tried 30-60 minutes prior to “sun downing”.
- Try playing music prior to and during speech, occupational and physical therapy sessions to stimulate participation.
- Personalized music helps with transitions from home to locations such as the Doctor’s office, grocery store, restaurants, family gatherings, etc.
- If your loved one requires medical treatments such as dialysis and chemotherapy, personalized music can help to calm and provide a positive distraction during the treatment.

Each person responds and reacts to personalized music in different ways and at different times. There isn’t a formula for the length of time or when someone should listen to personalized music. Use the scenarios to help you identify times your loved one may enjoy and benefit from the personalized music.

Local Resources:

- The ***Aging and Disability Resource Center of Western Wisconsin*** can be reached at **608-785-5700** and is available to provide information to the general public about services, resources, and programs in areas such as: disability and long-term care related services and living arrangements, home care/respite services, adult day programs, Memory Cafes and support groups for caregivers and persons living with dementia.
- For assistance with the operation of the iPod and/or changes to the music on the playlist, please contact the ***La Crosse Public Library*** at **608-789-7145**.
- The ***Alzheimer’s Association Greater WI Chapter*** in your area can be reached at **1-800-272-3900**.

