

Maine Partnership to Improve Dementia Care reports Music & Memory reduces depression and agitation, receives year two grant



Kay Beal smiles and sings along while listening to a customized selection of music on her iPod on Tuesday in the common area at Narraguagus Bay Health Care in Milbridge. Beal is involved in the Music and Memory program aimed at tapping into the memories of people with dementia. (Bangor Daily News)

The Maine Partnership to Improve Dementia Care is pleased to report positive outcomes from the Music and Memory program and that it has received the green light from CMS to continue the project in 2017. The year-one grant came to a close in December 2016. In its final report to CMS and DHHS, the group shared its observations and conclusions, which included the program's favorable impact in the areas of:

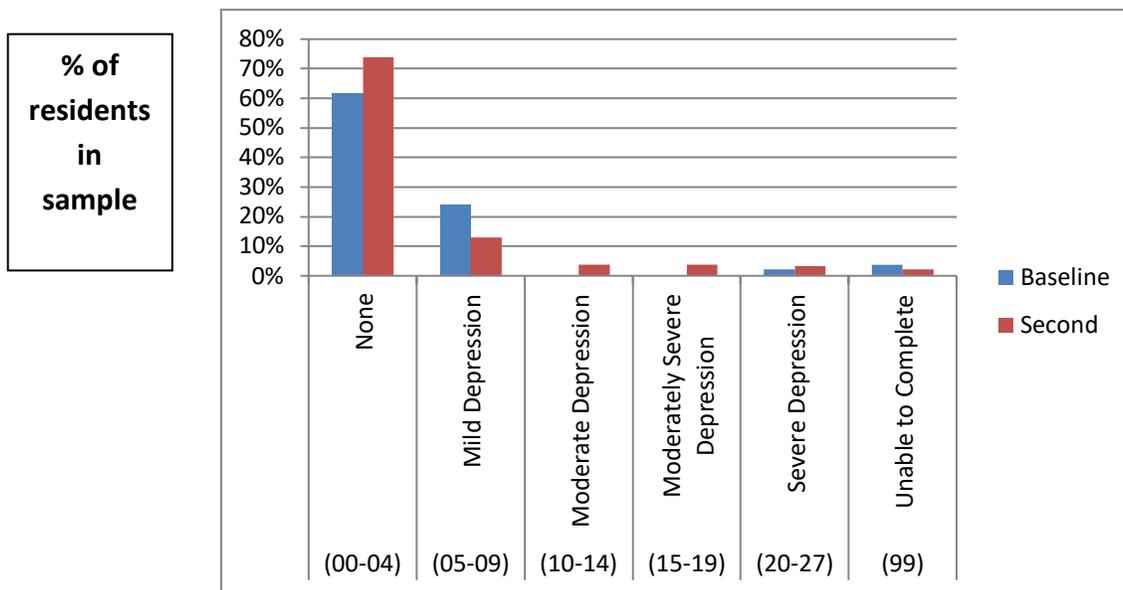
- depression
- agitation
- some behaviors
- reduction of medications

Using parts of the MDS, (the federally mandated quality measurement tool all homes must complete), 28 of the 39 certified homes submitted data for a total of 238 participating residents.

There was a 12% increase in the number of residents reporting NO depression and an 11% decrease in the number of residents with mild depression. Although slight, there were decreases in utilization of anti-psychotic and anti-depression medications, as well as a decrease in behaviors.

Perhaps the most prevalent finding was not found in the MDS data, but rather staff reports of noticeable decreases in agitation and increases in socialization, which may have also influenced the depression scores. There was little to no impact on functional status, which included ADLs such as bathing, dressing and transferring or nutritional status.

Incidence of depression as reported by residents and staff at baseline assessment and one quarter later post intervention



Overall, the Music and Memory program has proven to be an effective care management tool, giving caregivers another option in caring for those with dementia. The Partnership is encouraged by these preliminary results, however, believes more time with the intervention would have shown greater changes on the MDS. Central themes in the open ended comments include the calming effects of the music, increases in resident engagement and socialization, decreases in agitation, happy, smiling residents who were otherwise sad or solemn, and improved resident, family and staff satisfaction. Here are just a few of over 200 comments from staff:

- Calms down after listening to the music. States he wants to listen to music all afternoon.
- This resident's vision and hearing are highly impaired and it was questionable whether this program would work for her but when she wears the headphones a whole new world opens for her. Her feet and hands are tapping, she is singing and a beautiful smile graces her face.
- Resident responds remarkably to the headphones, anxiety is greatly diminished, she dances and smiles and aggressive behaviors are greatly diminished.

Going forward, the Partnership will build upon the experience of participating homes to develop a new survey tool, streamline processes, and engage more specifically with homes that were challenged. The new grant will pay for the Music & Memory recertification fees for the first round of homes and the initial certification for up to 20 additional homes. See the following links for success stories in Maine:

Portsmouth Herald: [music-program-to-aims-to-increase-quality-of-life-for-maine-seniors](#)

Bangor Daily News: [how-music-is-improving-life-for-dementia-sufferers-in-maine](#)