Welcome to the RGP of Toronto network webinar!

The presentation will begin in a few moments. Here are some tips:

• To ask a question during the webinar, type into the “Chat” box

• A fast, wired internet connection is best – slow connections might cause poor reception and gaps in audio or video

• Please use the background music to adjust the volume of your audio. If you cannot hear sound, try the following:

  1) Check the “Hardware and Sound” folder in your computer’s “Control Panel” – check if you are muted, if the volume is set at a good level, and if your playback device is set to be the system’s “default”

  2) Close and restart the webinar

  3) Close and restart the webinar in a different browser (Internet Explorer vs. Google Chrome vs. Mozilla Firefox)

  4) Let us know if you need additional help by typing into the “Chat” box
RGP of Toronto Network Webinar

The Power of the iPod: An Introduction to the Alzheimer Society of Toronto’s Music Project

April 25 2017, 12-1pm

Sabrina McCurbin, Music Project Manager
Alzheimer Society of Toronto
Sabrina McCurbin
Music Project Manager, Alzheimer Society Toronto
416-640-6305
smccurbin@alzheimertoronto.org
Session Agenda

• Benefits of personalized music for people with dementia
• Eligibility criteria for the Alzheimer Society of Toronto’s Music Project
• Referral process for the Project
• Understand how to use an iPod with dementia patients
Poll 1
FACT:
ONE OF THE ONLY ACTIVITIES THAT ACTIVATES, STIMULATES,
AND USES THE ENTIRE BRAIN IS MUSIC
Playing and listening to music works several parts of the brain:

- **Corpus Callosum**: Connects both sides of the brain.
- **Sensory Cortex**: Controls tactile feedback while playing an instrument or dancing.
- **Auditory Cortex**: Listens to sounds; perceives and analyzes tones.
- **Motor Cortex**: Involved in movement while dancing or playing an instrument.
- **Hippocampus**: Involved in music memories, experiences and context.
- **Prefrontal Cortex**: Controls behavior, expression and decision making.
- **Nucleus Accumbens & Amygdala**: Involved with the emotional reactions to music.
- **Cerebellum**: Involved in movement while dancing or playing an instrument, as well as emotional reactions.
- **Visual Cortex**: Involved in reading music or looking at your own dance moves.

**Sources:**
- lifehacker.com
- cerebromente.org.br
- wired.com
- news-medical.net
- en.wikipedia.org
- quantumjumping.com
- psychologytoday.com/blog/memory-medic
- sfgate.com
- theglobemail.com
5 Reasons Music Boosts Brain Activity

- Music evokes emotions that bring memories – Oliver Sacks
- Musical aptitude & appreciation are two of the last remaining abilities
- Music can bring emotional & physical closeness
- Singing is engaging
- Music can shift mood, manage stress & stimulate positive interactions

Poll 3
Our Inspiration
Alive Inside

rough cut excerpt #2

Alz.to
Henry Exemplifies…

- Emotional memory conduit
- Personalized Music
- Mood
- Cognition
- Isolation

Alz.to
What is the Music Project?

A FREE program with goals of improving mood, communication, decrease of isolation and responsive behaviours in persons with dementia—through a personalized iPod.
Eligibility

1. Diagnosis of dementia
2. Toronto residency
3. Social Worker assigned to family
Non-Toronto Residents

- Connect Toronto based families directly to the program.
- Traditional application methods still apply
- Connect with local AS Chapter to inquire.
Materials

We will set up and load your iPod with personalized music for you :-(
Music Project Objectives

Client
- Reduction of responsive behaviours
- Person – centered care
- Increased sense of wellness & safety

Professionals
- Decreased levels of stress
- Ability to provide impactful care

Care Partner
- Increased sense of resiliency
- Access to supports throughout care continuum
Music Project Objectives

- Increased sense of resiliency
- Access to supports throughout care continuum
- Reduction of responsive behaviours
- Person-centered care
- Increased sense of wellness & safety
- Decreased levels of stress
- Ability to provide impactful care
Key Findings

- Caregiver: significant increase in confidence/resilience
- PWD: Reduction in probable depressive episodes from 37.5% to 25%
- Decreased anxiety amongst health professionals
- Increased staff engagement = meaningful interactions

A. Paul Williams, Ph.D, et al; Balance of Care 2014 iPod Toronto evaluation
We Serve

- Self (PWD) – home
- Family
- Health – care professionals
- Long-Term Care Facilities
- Day Programs
- Hospitals, etc.
- Community Support Services

4,000
Meet Marie

• Has dementia
• Lives in LTC
• Generally friendly
• Progressively displays wandering, verbal and physical aggressiveness
• Sensitive to surroundings; may scream and curse
• Ideal candidate for the Music Project
First, the Team Considered

- Do we have a Team lead?
- Include in Care Plan?
- Volunteers/students?
- Storage & charging?
Referrals

www.alz.to

(downloadable forms, online applications)

Printable Application Form

http://alz.to/music_project/LTC_Intake.pdf
Facility Application

To apply for this free Project, please thoroughly read and complete below, submit this form once only for your facility.

**FACILITY/STAFF CONTACT:**

<table>
<thead>
<tr>
<th>Facility Name:</th>
<th>Facility Type:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervising Staff Name:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Email:</td>
<td>Fax:</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>Province:</td>
</tr>
</tbody>
</table>

I agree that:

☐ All intended recipients have a diagnosis of dementia.
☐ The facility/person(s) with dementia live within Toronto (M postal code).
☐ ____________ (other staff member) will

The issued iPod will be used for the intended recipient only.
☐ I will return the iPod to the Society in the event of the recipient’s death or self-discharge.
☐ I am responsible for arranging the iPod pick-up as well as all associated pick-up costs, for iPod referrals under 10.

Register my Facility
### Musical Selection Possibilities (circle artists of interest)

<table>
<thead>
<tr>
<th>Easy Listening</th>
<th>Big Band/Swing</th>
<th>Classical</th>
<th>Please add any songs, titles.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbra Streisand</td>
<td>Benny Goodman</td>
<td>Beethoven</td>
<td></td>
</tr>
<tr>
<td>Barry Manilow</td>
<td>Eddy Duchin</td>
<td>Brahms</td>
<td></td>
</tr>
<tr>
<td>Engelbert Humperdink</td>
<td>Duke Ellington</td>
<td>Chopin</td>
<td></td>
</tr>
<tr>
<td>Frank Sinatra</td>
<td>Billy Eckstine</td>
<td>Tchaikovsky</td>
<td></td>
</tr>
<tr>
<td>Garth T哪里</td>
<td>Glenn Miller</td>
<td>Stravinsky</td>
<td></td>
</tr>
<tr>
<td>Liberace</td>
<td>Lee Brown</td>
<td>Brahms</td>
<td></td>
</tr>
<tr>
<td>Montyfos</td>
<td>Count Basie</td>
<td>Mozart</td>
<td></td>
</tr>
<tr>
<td>Nat King Cole</td>
<td>Arise Shaw</td>
<td>Andrea Bocelli</td>
<td></td>
</tr>
<tr>
<td>Peggy Lee</td>
<td>Woody Herman</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rosemary Clooney</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Four Lads</td>
<td>Other Categories</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tommy Dorsey</td>
<td>Patricio</td>
<td>Calleszy</td>
<td></td>
</tr>
<tr>
<td>Tony Bennett</td>
<td>Eastern Europe</td>
<td>Klaasen</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Instrumental</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Country &amp; Western</td>
<td>Broadway</td>
<td>Spanish</td>
<td></td>
</tr>
<tr>
<td>Alabama</td>
<td>Cabaret</td>
<td>Celia Cruz</td>
<td></td>
</tr>
<tr>
<td>Brad Paisley</td>
<td>Camelot</td>
<td>El Gran Combo de Puerto Rico</td>
<td></td>
</tr>
<tr>
<td>Clint Black</td>
<td>Carousel</td>
<td>Jonnita Boltran</td>
<td></td>
</tr>
<tr>
<td>Willie Nelson</td>
<td>Sassy</td>
<td>Janet Jackson</td>
<td></td>
</tr>
<tr>
<td>Dolly Parton</td>
<td>Sound of Music</td>
<td>Juan Gabriel</td>
<td></td>
</tr>
<tr>
<td>Eagles</td>
<td>South Pacific</td>
<td>Mars Anthony</td>
<td></td>
</tr>
<tr>
<td>Dwight Yoakam</td>
<td>Sunset Boulevard</td>
<td>Plado Domingo</td>
<td></td>
</tr>
<tr>
<td>Garth Bennis</td>
<td>The Music Man</td>
<td>Tito Hrgaj</td>
<td></td>
</tr>
<tr>
<td>Kenny Rogers</td>
<td>West Side Story</td>
<td>Vico Marjelle</td>
<td></td>
</tr>
<tr>
<td>Merle Haggard</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>R&amp;B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Andrea Crouch</td>
<td>Aloha Keys</td>
<td>Rock</td>
<td></td>
</tr>
<tr>
<td>Bebe &amp; Cee Winans</td>
<td>Andtha Franklin</td>
<td>Beach Boys</td>
<td></td>
</tr>
<tr>
<td>Bishop Heal Jones</td>
<td>Gloria Ross</td>
<td>Popula</td>
<td></td>
</tr>
<tr>
<td>Dinah Washington</td>
<td>Donna Summer</td>
<td>Dee Dees</td>
<td></td>
</tr>
<tr>
<td>Donnie McGurkin</td>
<td>Fats Domino</td>
<td>Billy Joel</td>
<td></td>
</tr>
<tr>
<td>Gladys Knight</td>
<td>Four Tops</td>
<td>Carpenters</td>
<td></td>
</tr>
<tr>
<td>Jackie Bilt</td>
<td>Jackson 5</td>
<td>Elton John</td>
<td></td>
</tr>
<tr>
<td>Kirk Franklin</td>
<td>Lionel Richie</td>
<td>Elivo Presely</td>
<td></td>
</tr>
<tr>
<td>Mahalia Jackson</td>
<td>Luther Vandross</td>
<td>Four Seasons</td>
<td></td>
</tr>
<tr>
<td>Miles Staples &amp; Lucky Peterson</td>
<td>Four Tics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Motown</td>
<td>Marvin Gaye</td>
<td>Gene Pitney</td>
<td></td>
</tr>
<tr>
<td>Nan staples</td>
<td>Michael Jackson</td>
<td>Melissa Ethridge</td>
<td></td>
</tr>
<tr>
<td>Raw James Cleveland</td>
<td>Citis Karrding</td>
<td>Neal Young</td>
<td></td>
</tr>
<tr>
<td>Sarah</td>
<td>Ray Charles</td>
<td>Rolling Stones</td>
<td></td>
</tr>
<tr>
<td>Shirley Caesar</td>
<td>Sam Cooke</td>
<td>Sonny &amp; Cher</td>
<td></td>
</tr>
<tr>
<td>Smoke Norf</td>
<td>Smokey Robinson</td>
<td>The Byrds</td>
<td></td>
</tr>
<tr>
<td>Winley Phipps</td>
<td>Stave Wonder</td>
<td>The Supremes</td>
<td></td>
</tr>
<tr>
<td>Yolanda Adams</td>
<td>The O'Jays</td>
<td>The Eagles</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Stylistos</td>
<td>The Hollies</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Temptations</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Copyright 2012© Muse & Memory. All rights reserved. Users are forbidden to reproduce, republish, redistribute, or resell any materials from this document without permission.
Referrals

Intakes w/ patient or caregiver → Team Lead submits form → Completion (2-4 week avg.) → Social Worker & Family link
General Use iPods

• Used w/ high need clients or high transition
• Max of 2 per unit
• Extra headsets NOT provided
• Unit must refer minimum of 10 clients to qualify
We have the iPods..now what?
Introducing the iPod
“I don’t like it”

• iPod introduced

• First try ‘unsuccessful’

• Staff re-introduced gently over the next couple days

• Respected Marie’s desires
Using a Personalized Playlist

- Where
- When (transitions)
- Length

- Headphones
- Speakers
- Volume
- Too much of a good thing....

- Be
- Observe
- Check In
- Acknowledge
- Support
- Transition

- Get moving!

Identify

Deliver

Connect

Respond

Alz.to
3 days later…

• 20 minute listening session
• Took iPod to bed, and listened for 30 minutes!

• >1 hour listening session!
• Sarah (student) helped along the way
A Couple Tidbits

Discharges

- iPod follows client, not to remain at facility
- No additional paperwork required
- Inform us only in case of death / returns are free!

Loss/Theft/Breakage

- 1 replacement per client
- See alz.to for downloadable request form
Takeaways

- Personalized music helps dementia patients with mood, levels of cognition & quality of life. **At any stage**
- FREE for Toronto residents
- The iPod is intended to be personalized and used on an individual basis. Follows the client through the care continuum
- Refer on [alz.to](http://alz.to) or download forms
New To The Program
Poll 5

GIVE AN iPod
CHANGE A life
Thank you!
Contact me for program inquiries and presentation requests

Sabrina McCurbin
Music Project Manager, Alzheimer Society
Toronto
416-640-6305
smccurbin@alzheimertoronto.org
Thank you for attending this webinar!

You will receive a quick evaluation survey by email – please share your suggestions and topics for future sessions.

A link to presentation slides and a recording will be provided after completing the evaluation.

Stay tuned for an invitation to join our next webinar (to be confirmed) in a month’s time.

If you have additional questions, contact ken.wong@sunnybrook.ca.