Persons with dementia “are given a voice” when music and singing are included as part of their everyday life
Ottesen, Aase Marie

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Music and togetherness

The project contains three parts, which in addition to involve the perspective from the person with dementia and their relatives, also have focus on an professional, an interdisciplinary, an intersectional perspective and an organizational perspective aimed at the conditions for implementation of singing and music in the rehabilitation efforts to persons with dementia. Four institutions in Denmark participate.

**References:**


**Attention Points:**

- The choice of methodology must be person-adjusted.
- Involvement of person with dementia and their relatives must contribute to feel valued, included and ultimately heard (Elstad & Eide 2009)
- Involvement can be practiced when it is adapted to the individual.
- The person involved must be provided with the sufficient and essential preconditions and must be supported to fulfill their role (Parkes et al. 2014)
- The researcher must recognize a plurality of knowledge forms.

**The research process:**

1. The persons with dementia have the potential and they are keen to «make their voices heard» and to talk about their experiences.
2. The persons, who want to be involved in the research process.
3. The first workshop: A creative process based on the theme: What does the music give you in your everyday life? What importance does the music have for you?
4. The second workshop: The themes: «togetherness about music and good memories» coming up at the cafe meeting, formed the joint starting point.
5. Involvement can be practiced when it is adapted to the individual.
6. ThePersons with dementia are very excited, had a lot of energy and wished to continue composing more verses to the song – they composed jointly further five verses to their song – the music therapist facilitates the process, in collaboration with the researcher and the team member.