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

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**Music and togetherness**

* Lyrics: John, Spike, Penny, Collete, Knud, Gerit, Jun, Jan, Poul and Aase Marie

* Music: Poul

The music creates ambience

When we gather in the

We can get a good mood

And when we sing together

As silence before a storm

A special form of fellowship

No matter who you are

A wonderful place of the music

Coming here in “Krogen”

Although you are a little sensitive

It feels quite nice

So you can join

A wonderful place of the music

We gather in the

The music can through

All of us deeply somewhere

And so one can feel

That all are together

No matter who you are

So you can join

We gather in the wonderful place of the music

The music can touch

All of us deeply somewhere

And so one can feel

That all are together

No matter who you are

So you can join

We gather in the wonderful place of the music

The music can touch

All of us deeply somewhere

And so one can feel

That all are together

No matter who you are

So you can join

We gather in the wonderful place of the music

When we gather in the family

And the music plays up

Then we can sing together

And dance body against body

No matter who you are

So you can join

We gather in the wonderful place of the music

When we sing and play together

A special form of fellowship

No matter who you are

A wonderful place of the music

A wonderful place of the music

You will hate in the 5th grade

And I should learn German

I got the urge to all the German

Although I only was from Jutland

No matter who you are

So you can join

We gather in the wonderful place of the music

The music can create

A unique cohesion

As inspiration it can be

Both when you are happy and sad

No matter who you are

So you can join

We gather in the wonderful place of the music

The research 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 intersectoral 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 their well-being and ultimate values (Elstad & Eide 2009)
- Involvement can be practiced when it is adapted to the individual
- The researcher must recognize a plurality of knowledge forms (Thorgård 2012)
- The ethical, moral and legal code must always be in focus and guide the researcher

**The research process:**

1. Researcher meets the persons with dementia through the field studies

   The persons with dementia has the potential and they are keen to "make their voices heard" and to talk about their experiences

2. Agreements are made with the persons, who wants to be involved in the research process

   Informed consent be obtained from the participants

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?

   The persons with dementia composes jointly a song with 4 verses – the music therapist facilitates the process, in collaboration with the researcher and the team member

4. The second workshop: The themes: "togetherness about music and ‘good memories’ coming up at the cafe meeting, formed the joint starting point

5. The second workshop: The themes: "togetherness about music and ‘good memories’ coming up at the cafe meeting, formed the joint starting point

   The persons with dementia were very excited, had a lot of energy and wished to continue composing more verses to the song – they composed jointly further five verses to the song – the music therapist facilitates the process, in collaboration with the researcher and the team member

6. The song leads to new perspectives and ideas

   - The persons with dementia often sings the song together, which provides a breeding ground for positive memories and new processes
   - There is a desire conveying the song to others - for example at a concert or conference
   - There is interest in developing the song with several verses - e.g. from the theme: How can music help us through the life that lies ahead of us?

**Involvement can be practiced when it is adapted to the individual:**

- The persons with dementia often sings the song together, which provides a breeding ground for positive memories and new processes
- There is a desire conveying the song to others - for example at a concert or conference
- There is interest in developing the song with several verses - e.g. from the theme: How can music help us through the life that lies ahead of us?

**Involvement of person with dementia and their relatives must contribute to their well-being and ultimate values:**