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

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Publication date:
2016

Document Version
Accepted author manuscript, peer reviewed version

Link to publication from Aalborg University

Citation for published version (APA):
Ottesen, A. M. (2016). Persons with dementia “are given a voice” when music and singing are included as part of their everyday life. Poster presented at Alzheimer Europe, København, Denmark.
Persons with dementia “are given a voice” when music and singing are included as part of their everyday life

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The aim is to explore experiences and what importance it has for persons with dementia that singing and music are part of their everyday life and the rehabilitation effort

Songwriting is used as narrative method to involve persons with dementia in the action research process

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 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 them 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 (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

2. Agreements are made with the persons, who wants 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. Cafe meeting: Dialogue with the persons with dementia and their relatives

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

6. The song leads to new perspectives and ideas

- New perspectives comes up - The persons with dementia was 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

THE MUSIC CREATES AMBIENCE

SO YOU CAN JOIN

AS SILENCE BEFORE A STORM

AND IN THE MIND IT CAN BE FELT

A SPECIAL FORM OF FELLOWSHIP

THOUGH YOU ARE A LITTLE SENSITIVE

IN THE SONG, WE CAN BE ASSEMBLED

SO YOU CAN JOIN

WE GATHER IN THE

SINGING AND MUSIC ARE PART OF THEIR EVERYDAY LIFE AND THE REHABILITATION EFFORT

Aalborg University, Denmark.

**THE RESEARCHER:**

- The ethical, moral and legal code must always be in focus and guide the researcher.