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.
Music and togetherness

Music: Poul

The music creates ambience
We gather in the
So we get a good mood
And when we sing together
And thus fine color
When we sing and play together
And in the mind it can be felt
A special form of fellowship
No matter who you are
Although you are a little sensitive
In the song, we can be assembled
It feels quite nice
No matter who you are
So you can join

wonderful place of the music

All of us deeply somewhere
So you can join
We gather in the
wonderful place of the music

The music can touch
And the music can heal
All of us deeply somewhere
And a view can be
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
There 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

The Danish song
First translated into English
by Anne Marie Strange

The music can reach
And that the song is a vital
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
There 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

Was it was to the 8th grade
And I should learn German
I got the way to all the German
Although I was from Jutland
No matter where you are
So you can join
We gather in the
wonderful place of the music

All people are this grade
Both from the north, south, east and west
Both when you are happy and sad
Both from the north, south, east and west
Both what you are
So you can join
We gather in the
wonderful place of the music

In the song, we can be assembled
Although you are from Jutland
No matter where you are
So you can join
We gather in the
wonderful place of the music

The songwriting is used as narrative method to involve persons 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 music and music in the rehabilitation efforts to persons with dementia.

Four institutions in Denmark participate.

Music and togetherness

**Lyrics: Morten Lykke, Benny Olesen, Knud Gott, Mette Bay, Jes. Poulsen and Anne Marie Strange.**

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 music and music in the rehabilitation efforts to persons with dementia.

Four institutions in Denmark participate.

**REFERENCES:**


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 their song - the music therapist facilitates the process, in collaboration with the researcher and the team member

**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 want 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 compose jointly a song with 4 verses – the music therapist facilitates the process, in collaboration with the researcher and the team member

4. Cafe meeting: Dialogue with the persons with dementia and their relatives
   - New perspectives comes up
     - My wife tells all the time about the song she was involved in composing – it meant a lot to her
     - Music can help to rediscover and refresh good memories from the life together - before the disease
     - In life together, we provide to start dancing as in our young days - we get closer to each other again
     - I see the spark of life in my husband’s eyes again - just like when we were young together
     - When my husband comes home after a day where singing and music have been the setting for the community, he is full of energy and joy. It rubs off on our everyday life together

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 their 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
   - 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?

**ATTENTION POINTS:**

- The choice of methodology must be person adjusted
- Involvement of person with dementia and their relatives must contribute to they 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