



MUSIC THERAPY & DEMENTIA

Who is MHA?

MHA is an award-winning charity providing care, accommodation and support services for older people throughout Britain. We are one of the most well-respected care providers in the sector and amongst the largest charities in Britain, providing services to older people for more than 70 years. We want to eliminate isolation and loneliness among older people by connecting older people in communities that care.

MHA delivers a range of high quality services to 17,000 individuals:

- 4,350 older people living in 84 care homes - residential, nursing and specialist dementia care
- 2,500 older people living independently in 72 retirement living communities with flexible support and personalised care, with a further ten sites in development
- 10,000 older people supported through 66 Live at Home schemes in the community.



Our services are delivered by 7,000 dedicated staff and enhanced by the commitment of 5,500 volunteers.

MHA recognises that loneliness is an increasing challenge that affects many of us as we age and it is manifested physically, emotionally and spiritually. Our ambition is to make sure that every older person can be connected within a community of their choice so they can live an independent and fulfilled later life as they age.



MHA is one of the largest employers of music therapists in the country.

IMPROVED QUALITY OF LIFE FOR **17,000** OLDER PEOPLE IN MORE THAN **200** LOCATIONS ACROSS THE UK

OVER **7,000** STAFF & **5,500** VOLUNTEERS

LAING BUISSON
WINNER 2015
(Excellence in Dementia Care)

AWARD-WINNING CARE
97% OF RESIDENTS

stated that they were satisfied with the overall standard of their care home, based on the latest independent national survey by Your Care Rating of residents' views of our staff, care and quality of life.

your care rating
what customers say

MHA
FOUNDED
IN 1943

OVER **3 MILLION** PEOPLE OVER 60
SAY THEY FEEL LONELY
Source: ELSA, 2015

ONE OF THE
UK'S LARGEST
CHARITIES

Register to **become a friend** of music therapy

We'll give you regular updates about music therapy at MHA and how we're working to help our residents living with dementia. Register online at www.mha.org.uk/stimulatingminds

Your Donation

A donation from you could help in the following ways...



£5 could buy a tambourine or small instrument for a resident to use during a music therapy session.

£30 could pay for an individual music therapy session, giving someone with dementia the opportunity to **express their feelings**.

£170 could pay for a set of handheld instruments, including drums, tambourines and maracas, providing the opportunity for people with dementia to experiment with different sounds and **maintain their co-ordination skills**.

£10 could go towards buying musical instruments for our music therapists. Instruments are vital to delivering these sessions. A full set of instruments for one of our care homes costs £2,500.

£45 could pay for a group music therapy session, allowing people to **interact and enjoy a shared experience**.

£360 could pay for a 12 week course of music therapy sessions for one person, **easing anxiety and improving their overall feeling of well-being**.

Whatever donation you are able to make you can be certain that it will change lives. It costs approximately £43,000 a year to fund a full-time music therapist.

Donating is easy...
visit www.mha.org.uk/stimulatingminds
call **01332 221 641**
or fill out the donation form attached.
Every donation makes a difference.

Donation Form

A donation of any size will make a real difference by providing music therapy for older people living with dementia.

Want to make a donation?

Yes, I would like to make a donation of £..... to MHA today. Please make cheques payable to 'MHA'.

Would you like to give regularly to MHA?

Yes, I would like to donate £.....

How regularly would you like to make this donation?

☐ Monthly ☐ Quarterly ☐ Twice yearly ☐ Annually

When would you like to start your donations?

Date (please allow a start date at least six weeks from now)

Your account number

Your bank sort code Your bank name

Your bank address

.....

.....

Payable to: Barclays Bank For the credit of: MHA
Number: 10053139 / Sort code: 20 05 85

Signature Date

MHA is a registered as a charity in England and Wales - No 1083995

Please turn over

Your Details

Title First name or initial(s).....

Surname.....

Address.....

.....Postcode.....

Phone..... Email.....

☐ I would like to Gift Aid my donation to MHA. I am a UK tax payer and understand that if I pay less Income Tax and/ or CapitalGains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

☐ I would like an acknowledgement of my gift.

We would like to keep you updated about our work. You can choose how you would like to receive information from us by ticking the boxes below. MHA will not pass your details on to any other organisation and you can opt out at any time.

☐ Email ☐ Phone ☐ Post

Please return this form to: MHA, Epworth House, Stuart Street, Derby, DE1 2EQ

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STIMULATING MINDS

Music therapy differs from a sing-along or listening to music. In music therapy sessions, therapists directly interact with our residents through live music by singing, playing simple percussion instruments or responding to musical cues as well as the exchange of verbal, facial, vocal and bodily expressions. It is through this interaction that music therapists can regulate residents' emotions to alleviate symptoms and identify possible causes of symptoms.



Additionally, during the sessions and interactions, music therapists observe residents' remaining cognitive functions. The feed back from music therapists can help other health professionals make decisions on care and managing symptoms in day-to-day life.

Our vision is that music therapy should be available to all those with moderate to severe dementia, offered on prescription and referral, in the same way as other better known therapies. We believe music therapy should be more widely available to everyone who would benefit from it.

MHA's music therapy service

MHA's music therapy team has been providing music therapy for people with moderate to severe dementia in its care homes since 2008. MHA employs 19 qualified therapists who deliver both group therapy

and weekly 30-minute individual 1:1 sessions for residents with dementia who have severe difficulties in communication, behaviour or well-being.

What makes music therapy special?

Our highly-trained and award winning music therapy team run sessions in 54 homes providing dementia care. In 2015 they helped more than 2,300 residents.

Our music therapy team is entirely funded by charitable donations. We fund raise to make sure we can provide the service free of charge to our residents with dementia. It currently costs around £500,000 a year to provide this vital service but we need to do so much more to support others living with dementia.



We know that music therapy improves wellbeing and quality of life of many of our residents, their families/carers and our staff, especially for those at the later stage of dementia, where very little else works to address agitation and anxiety.



Research into Music Therapy & Dementia

MHA's Chief Music Therapist Ming Hung Hsu carried out a study... *Individual music therapy for managing neuropsychiatric symptoms for people with dementia and their carers: a cluster randomized controlled feasibility study.*[†]

Published in BioMed Central Geriatrics.

The study demonstrated over a five-month period that the well-being of participants who received music therapy doubled in three months. Behaviours such as anxiety, halved in three months and continued to fall beyond therapy. Care home staff reported additional benefits, such as being more informed, skilled and motivated when working with residents.

Effects of music therapy on symptoms and well-being

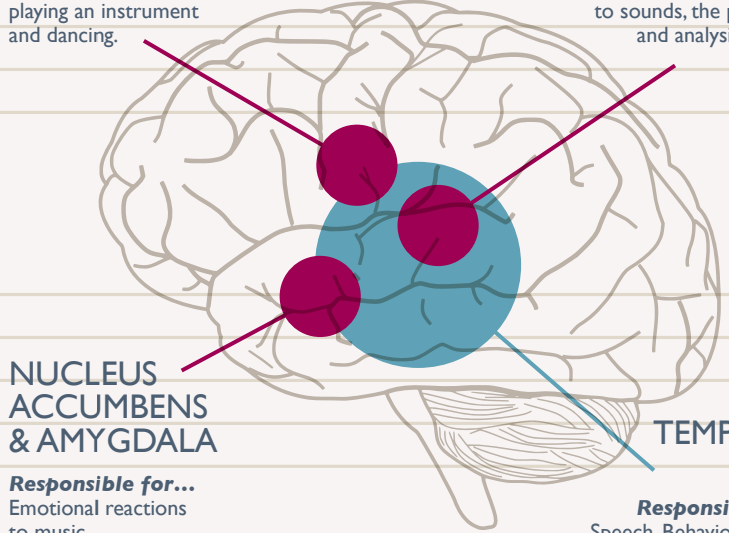
Carers reported beneficial effects of the music therapy on residents, in particular on mood and emotion and sensory and motor functioning, as well as on self-expression and communication, memory, agitation, apathy and anxiety.

SENSORY CORTEX

Responsible for... Tactile feedback from playing an instrument and dancing.

AUDITORY CORTEX

Responsible for... The first stages of listening to sounds, the perception and analysis of tones.



NUCLEUS ACCUMBENS & AMYGDALA

Responsible for... Emotional reactions to music.

TEMPORAL LOBE

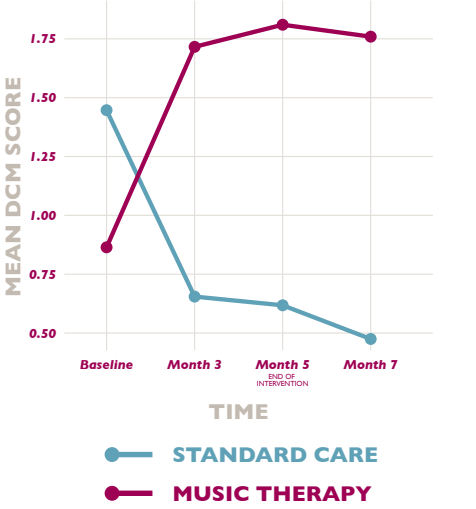
Responsible for... Speech, Behavior, Memory Hearing, Vision and Emotions

DEMENTIA CARE MAPPING (DCM)

DCM is an observational tool used within care settings that provides information on residents' wellbeing and the quality of care delivered by staff. A number of clinical trials have employed DCM as an outcome measure.

During a mapping session, the mapper records residents' behaviours, mood, engagement and interactions with staff over a defined time period. Participants were observed for two consecutive hours starting from the hour prior to lunchtime. Each construct of behaviour, mood and engagement was systematically coded within 5-minute time frames. The resulting data was analysed to give an overall 'wellbeing' score (WIB).

Mean scores for wellbeing level during music therapy and standard care



[†]Authors: Hsu, M.H., Flowerdew, R., Parker, M., Fachner, J., and Odell-Miller, H. Published: July 2015 (BMC Geriatrics, <http://www.biomedcentral.com/1471-2318/15/84>)