Jamming by the Nurses Station

Building a sense of community and social connection through spontaneous music-making
Kate Page - Musician

- Collaborative projects – education and community
- Community music
- Collaborative performance projects
- Performance
- Production
- Professional Development & Training
- Arts Management
- Research
The context – Western Australia (WA)

- Music Therapists, ‘Sound Healers’
- Community Music
- Music in aged care settings
- Music projects involving people living with dementia
Where

• St Vincent’s Aged Care, Guildford
• Opened 1953 – Community Hospital
• 66 residents, 65 high care
• Mixed needs and diagnoses including dementia and mental health issues
Catholic Homes Incorporated (CHI):
• Western Australian, operating for 40 years
• 7 aged care facilities
• 4 independent living villages
Motivation

- Social isolation of some residents
- Difficulty engaging some residents in existing activities and therapies
- The need to develop meaningful activities
- A desire to connect with residents, wanting them to feel special and cared for
- Observation of previous responses to music
- Best practice and potential for enhanced care
Who

Elizabeth Oliver

Senior Occupational Therapist,

Catholic Homes Inc.
Who

Liz White
Lifestyle Facilitator,
St Vincent’s Aged Care
Who

Leeanne Van Mansum

Occupational Therapy Student,

Curtin University of Technology, Social Work and Health Sciences
Who

Kate Page & Eduardo Cossio

Freelance Musicians
Who

• 34 residents have participated in the project so far – 70% verbal.

• 26 residents diagnosed with dementia, memory loss or mild cognitive impairment

• 16 residents with a mental health condition (anxiety, depression, schizophrenia)

• 10 x 3 hour sessions (7 completed)

• Informal staff and family participation
Funding & Planning

- Internal budget $4,500 including prep sessions and reporting
- Initiated Aug 2013
- 4 planning meetings over 6 months
- Second pilot approved: $8,000 over 2 sites
<table>
<thead>
<tr>
<th>Format</th>
<th>Location</th>
<th>Duration</th>
<th>Residents</th>
<th>Musicians</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group 1</td>
<td>River Room (sensory)</td>
<td>30-40min</td>
<td>Advanced dementia</td>
<td>4-7</td>
<td>2</td>
</tr>
<tr>
<td>Group 2</td>
<td>Sun Room</td>
<td>30-45min</td>
<td>Early- to mid-</td>
<td>10-14 (22)</td>
<td>2</td>
</tr>
<tr>
<td>Flexible size</td>
<td>Various, inc. Nurses Station</td>
<td>15-20min</td>
<td>Mixed</td>
<td>2-6</td>
<td>2</td>
</tr>
<tr>
<td>1-on-1’s</td>
<td>Various, mostly bedrooms</td>
<td>15min each</td>
<td>Mixed inc. mental health</td>
<td>(12)</td>
<td>1</td>
</tr>
</tbody>
</table>
Meet Gerry

- Makes contact with other people
- Communicates wants, needs and wishes
- Alertness, responsiveness
- Uses remaining abilities
- Creative expression
- Shows warmth or affection
- Relaxed posture or body language
- Sense of humour
- Sense of purpose
- Signs of self-respect

(Well-being indicators, Bradford Well-being Profile © 2008)
Video 1 - Gerry
Aim – Pilot 1

- Trial use of music
- Assess impact on residents
Objectives – Pilot 1

- Sensory stimulation
- Social and emotional well-being
- Community and social connections
- Opportunities to participate
- Assess impact, enhance care
- Reflective tools and models for music-work
Equipment

- Tuned and un-tuned percussion
- Voices
- Special instruments
- Dance scarves
Music

- Free- and semi-structured improvisation
  - Genre-based i.e. blues, country, traditional
  - Thematic (timbre, melody, rhythm, text)
  - Repertoire/Song-based i.e. ‘Dirty Old Town’
- Call and response, echo, breaks with solos
- Simple text repeated (1 to 4 lines)
- Repetition, textural variety; timbre and pace
Meet Lorna

- Responds appropriately to people/situations
- Shows warmth or affection
- Alertness, responsiveness
- Relaxed posture or body language
- Shows pleasure and enjoyment in daily life
- Creative expression
- Makes contact with other people
- Co-operative or helpful
- Sense of purpose
- Signs of self-respect

(Well-being indicators, Bradford Well-being Profile © 2008)
Video 2 - Lorna
Reflection & Evaluation

- Internal reporting
- Observation inc. framework
- Joint reflection / de-brief
- Review meetings (2)
- Personalized music plans
- Flexibility, exploration
Learning – Pilot 1

- Music enhances well-being
- Music creates and deepens social connections
- Staff perspectives of residents have changed
- Inter-disciplinary collaboration and a joint sense of enquiry is crucial
- A musician’s perspective
The future for CHI?

- St Vincent’s ensemble
- Further work with ‘disengaged’ residents
- Pilot 2: research impact, greater depth
- Sustainability and resourcing inc. staff, families, skilled volunteers
- Greater variety of music experiences and genres
- Trials in other Catholic Homes settings
The future: WA

- Advocacy
- Skilled networks of professional musicians
- Awareness of music models
- Tailored music for people in care
Thank you

Kate Page

page_kate@hotmail.com

www.katepage.net