

**MUSIC & MEMORY  
PILOT PROGRAM AT  
AUSTIN SSLC**

**PRESENTED AND COMPILED BY  
ROSLYN HOWARD, MA, MT-BC**

# WHAT IS MUSIC THERAPY?

- What is Music Therapy?
  - The clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.
  - Individualized Goals
    - address physical, emotional, cognitive, and social needs
  - Therapeutic Relationship
    - Instrumental in affecting change
  - Credentialed Professional
    - BA degree or higher in MT from AMTA approved college
    - 1200 hours clinical training, including supervised internship
    - National Board Certification Exam to obtain credential MT-BC



# WHAT IS MUSIC THERAPY?

- What does MT look like in a SSLC?
  - 1:1 clients
    - Often based on referrals from IDT
    - Assessment to determine need for individualized goals & objectives
  - Groups
    - Small group (1:2; 1:3)
    - Large group (active treatment home group)
    - Choir (10-20)
    - Music & Memory (active treatment)



# WHAT IS MUSIC & MEMORY

- What is Music & Memory
  - **Music & Memory<sup>sm</sup> (M&M)** is a non-profit organization that brings personalized music into the lives of individuals through digital music technology, aimed to improve the quality of life through inexpensive, portable digital music players (iPods) and individualized music playlists.
  - Inspired by neuroscience research which demonstrates that listening to music can access memories and enable individuals to be increasingly social and present



# HOW DOES MUSIC HELP?

- **Why It Works**

- The brain ties music to memory
- Personalized, preferred music enables the listener to reconnect, regain social skills and live more fully

- **Therapeutic Benefits of Personalized Music**

- Enjoyable, meaningful activity for individuals with limited mobility
- Increases cooperation & attention, reduces resistance to care
  - Boost for staff morale
- Reduces agitation & sundowning
- Enhances engagement & socializations
- Valuable tool for the effort to reduce reliance on anti-psychotic medications





# WHY USE M&M WITH PERSONS WITH DISABILITIES?

- Quality of life – improve emotional wellbeing
- Promote social and cognitive engagement through meaningful listening/music experiences
- A way for individuals with cognitive and physical challenges to reconnect with the world through music-triggered memories
- Affordable and Innovative approach to engaging individuals with varying disabilities
- Enjoyable active treatment solution for residents and staff
- Recommended for people who normally do not participate in activities due to self-isolation, physical limitations, and/or advanced disabilities

- Primary Goals of Music & Memory Pilot
  - Does the M&M program improve quality of life for individuals
  - Does the M&M program improve cognitive engagement for individuals
  - Gauge the amount of resources needed to sustain and expand the program

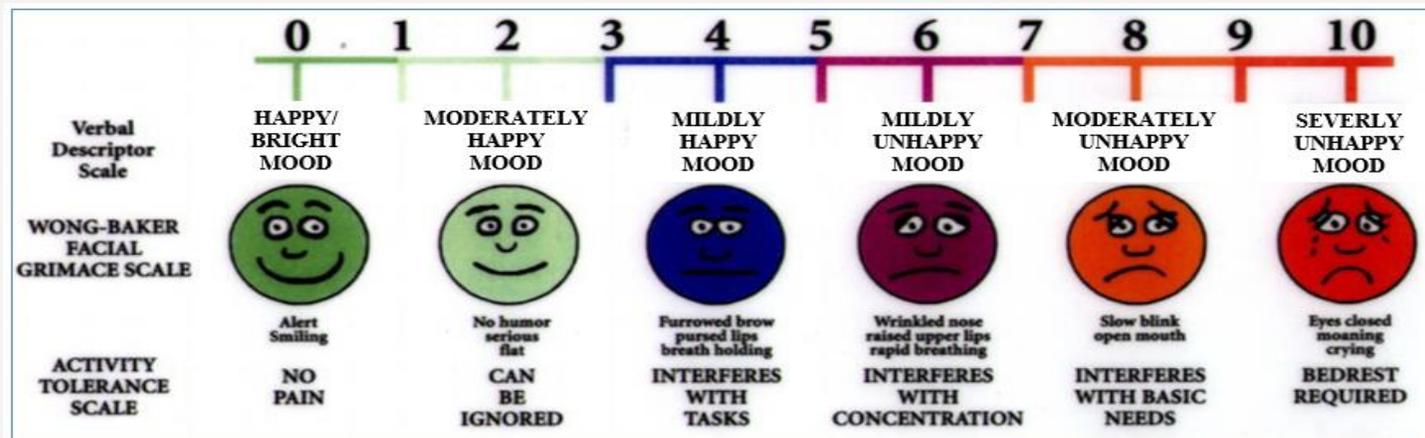
## AUSTIN SSLC'S MUSIC & MEMORY PILOT PROGRAM



# MUSIC & MEMORY AT AUSTIN SSLC

## PILOT PROGRAM

- Does the M&M program improve quality of life for individuals
  - Wong-Baker Facial Grimace Scale, standardized test



Individual	Baseline Mood	Follow-up Mood	Baseline Time	Follow-up Time	Notes

# MUSIC & MEMORY AT AUSTIN SSLC

## PILOT PROGRAM

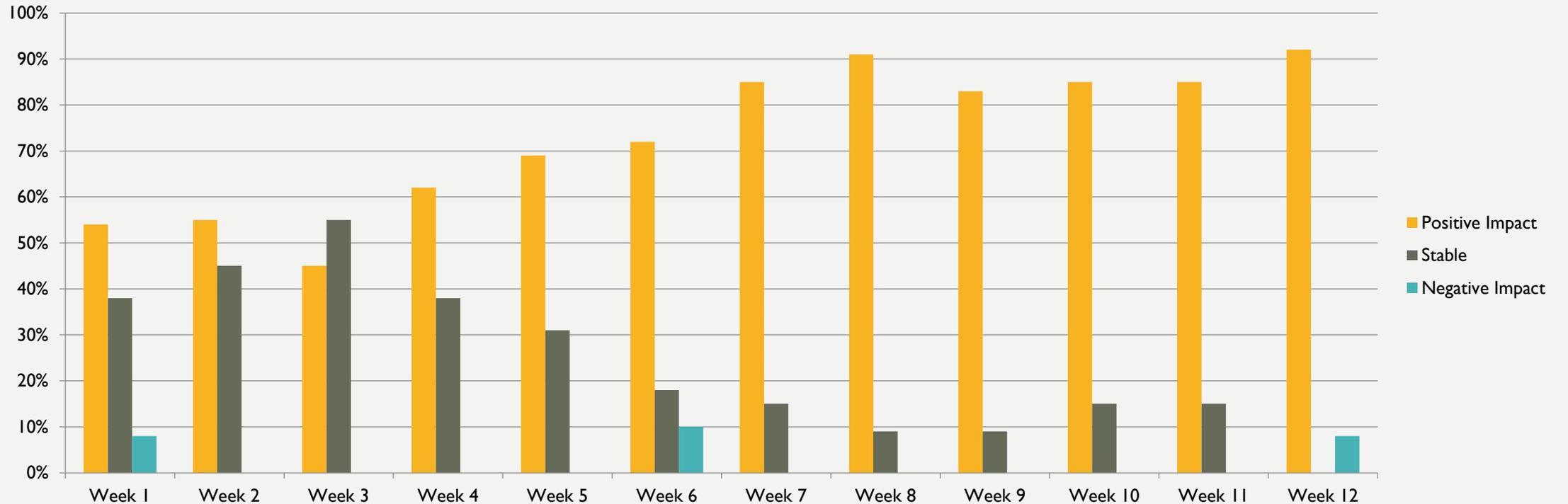
- Does the M&M program improve cognitive engagement of individuals?
  - Customized assessment catered to home, “Yes” or “No” response to I+
    - Startles/shows physical response to social engagement
    - Startles/shows physical response to music
    - Attends to human voice
    - Vocalizes
    - Verbalizes
    - Sings along to music recording
    - Makes eye contact
    - Expressive facial affect



Individual	Baseline Response	Follow-up Response	Baseline Time	Follow-up Time	Notes
Nancy	Y	Y	11:00	11:30	Vocalized
Mary	N	Y	11:00	11:30	Eye Contact

# MOOD & QUALITY OF LIFE IMPACT

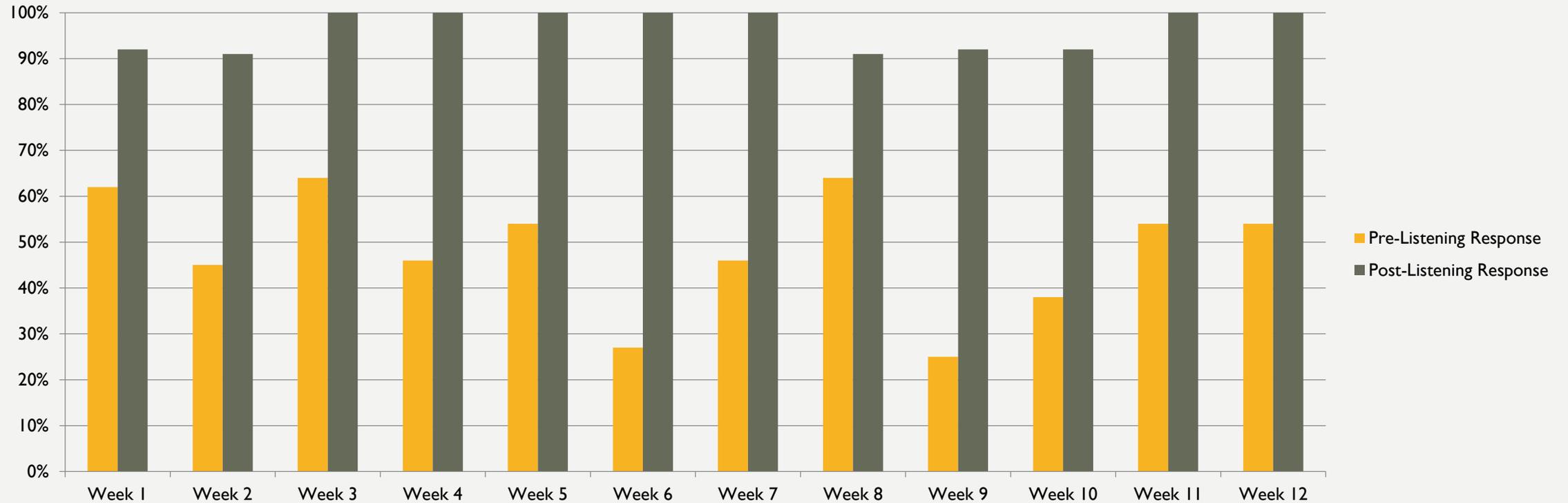
## PILOT PROGRAM AT AUSSLC



Overall average improvement in mood/QOL 73%

# COGNITIVE ENGAGEMENT IMPACT

## PILOT PROGRAM AT AUSSLC



Overall increase in cognitive engagement 52%

## MUSIC & MEMORY PILOT PROGRAM: OUTCOMES

- Video
- Staff reported increased compliance during/after music listening
  - Med-pass
  - Mealtimes
  - Check-and-change procedures
  - Transitions
- Staff reported enjoyment of interacting with individuals using iPod devices
  - Ease of active-treatment ideas
  - Ease of engaging with non-verbal individuals



All individuals in footage have given authorized photograph and recording consent.



# QUESTIONS OR COMMENTS?

- **CONTACT:**

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