

Memory Tracks: Song-task association in dementia care, a preliminary study.

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A multi-shareholder investigation into the effects of music to aid the day to day care of people living with dementia.

Music builds long-term associative memories, often closely tied to emotions which can be more resilient to loss than other types of memory (Cuddy, Sikka & Vanstone, 2015). Memory Tracks, a care platform can provides a personalised selection of music tailored to an individual Dementia patient’s routine, their family and carers needs. The individualisation of music can also reduce the frequency of agitation in certain settings (Gerdner, 2000).

The core element of the platform is a tablet or smartphone app (fig. 2) that connects daily events to the patient’s choice of reminiscence music. In the initial development these triggers are activated by their carer or by the user. For example, getting dressed, taking medicine, eating and exercising.

Further development of Memory Tracks will utilise behavioral or physical triggers and sensors to create a contextual, more immersive user experience. The framework is that of song, association and task being nested together with the robust emotional association providing the ‘glue’ between song and task (fig. 1).



Pendine Park Care Home, Wrexham

Figure 1

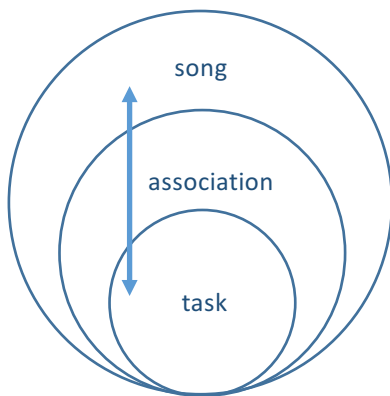
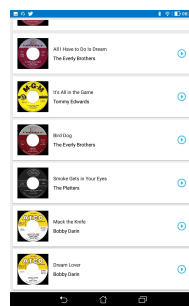
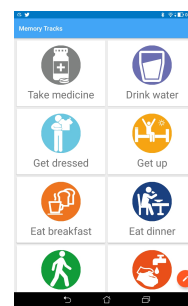


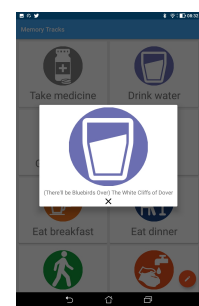
Figure 2



Song Remanence



Building Task Association



Triggering Tasks through song & sensors

The ‘scoping’ stage of this project includes a review of the literature, conversation with people not living with dementia from a similar age demographic in collaboration with Sound Vault HQ (podcast network) and a baseline questionnaire from *Pendine Park Care Home*.

Pendine Park Research Summary

Song selection & pre interview - Creating an approach to identify the most relevant reminiscence music. Song selection is made in collaboration with the care giver. Observations are made before and after the introduction of the memory tracks platform.

Daily observation of patient from care givers
 - Agitation
 - Mood

Data Collection

Care giver interviews
 Patient interviews (where appropriate)

This process will be iterated after feedback from this stage.

References

Cuddy, L., Sikka, R., & Vanstone, A. (2015). Preservation of musical memory and engagement in healthy aging and Alzheimer’s disease. *Annals Of The New York Academy Of Sciences*

Gerdner, L.A. (2000). Effects of individualized versus classical ‘relaxation’ music on the frequency of agitation in elderly persons with Alzheimer’s disease and related disorders. *International Psychogeriatrics*, 12(1), 49–65.

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