“Appy Days are Here Again”: Exploring the clinical use of iPads in Music Therapy Programs in Dementia Care

Alexandra Morse
Registered Music Therapist
Tandara Lodge – Sheffield Tasmania

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“Music imprints itself on the brain deeper than any other human experience. Music evokes emotion and emotion can bring with it memory”

Oliver Sacks – Neurologist
“Music is an essential bridge to connecting people with dementia and Alzheimer's Disease to themselves, their loved ones and their personal history”

Connie Tomaino – Director Institute of Music and Neurologic Function
“As music demands reality-orientated behaviour in the present without risk of failure, even the most cognitively impaired older adults master musical tasks with enhanced self-respect”

Suzanne Hanser – Music Therapist
Music and iPads

- Music is now readily accessible
- The iPad has become an additional therapeutic ‘tool’ in music therapy practice
- The combination of the skills of a registered music therapist and readily accessible music is very powerful
FRRR Grant

- 2012 Tandara Lodge successfully applied for funding through the Caring for Aging Rural Australians Program at the FRRR.
- Tandara received $4200.00 to purchase iPads, iPod Shuffles, Headphones and an Apple TV.
- Apple technology was purchased simply because it is familiar to the music therapist.
WHY IPADS?

- iPads have larger screens
- iPads do not require delicate fine motor control
- iPads are mobile, can be transported to resident’s beds
- iPads can be used at any time of the day
- iPads are not invasive to other resident’s space
- iPads are easier for older people to relate to than traditional computers
  - No mouse, keyboard
iPads/iPods in Individual Settings

- Music therapy is a useful intervention to help patients deal with a range of behavioural and emotional problems effecting people with dementia – agitation, aggression, anxiety, and depression.
- Listening to targeted pre-recorded music through headphones can be an effective non-pharmacological tool in decreasing behavioural problems.
  - Whilst this intervention lacks the social and psychological aspects of music therapy interventions, however can be used best a the time of need and when staff and therapists are unavailable.
iPads/iPods in Individual Settings

- Residents are happier and more social.
- Relationships among staff, residents and family deepen.
- Everyone benefits from a calmer, more supportive social environment.
- Staff regain valuable time previously lost to behavior management issues.
- There is growing evidence that a personalised music program gives professionals one more tool in their effort to reduce reliance on anti-psychotic medications.

- www.musicandmemory.org
Music therapists design customized music libraries for each individual based on their music preferences and listening history.
Spotify is a commercial music streaming service providing content from a range of major and independent record labels, including Sony, EMI, Warner Music Group and Universal. As of December 2012 the catalogue provides access to approximately 20 million songs via searching for artists, albums, titles, labels and genres, and gives users access to tracks from many major and independent labels.
Individual Apps

- **Singing Fingers** – Art program, drag your finger on the screen while saying something and it records what you say in colour
- **I Say Free** – Good memory, strategic planning and cognition app
- **Soundrop** – Uses the velocity of a dropping ball to change the pitch of sound
- **Celtic Harp** – Instrument app
- **Light Box** – Sensory and relaxation tool
- **Music Ball** – Hand eye co-ordination
- **Garage Band** – Music composition
- **TuneIn Radio** – Listen to the world’s radio with music
- **LaDiDa** – Voice Recording device, adds backing track
- **Rhythm Racer** – Music, Driving game
- **Beatwave** – Music composition game
- **Heat Pad HD** – Sensory touch
- **Fluidity** – Sensory and relaxation
- **Aquasonnic** – Sensory and relaxation
- **Bloom** – Sensory and relaxation
Group Apps

- **MadPad** – Turn everyday sounds into a percussive instrument
- **Shazam** - identifies music
- **iRecorder** – records sessions, residents singing
- **Instruments** –
  - Tiny Piano, Bongos, Congas, Easy Xylo, Djembe, Marimba, Hand Drums, Cajonazo,
ANZAC Themed Session
Apple TV

- HDMI Cable
- High-Definition TV
- Wireless network
- iTunes Store account (Use vouchers)
- Broadband internet connection
Men’s Radio Podcasting

THE RESIDENTS is a men’s music therapy program which aims to address social isolation, increase emotional expression and life review thereby maximizing the residents’ belonging to the aged care facility.

- 2 hour music therapy session – once week
- Transmitted by The Meander Valley Community Radio Station 96.9 FM
- Received by any FM radio 100km radius
- First aired in February 2011
- Recorded 100 programs
- June 2013 available to download free on iTunes
Men’s Radio Bus Trip
Age Sensitivity

- Beak Box
- Itsy Bitsy
- Musical Me!
- Playschool Maker
- Little Fox
- Old Mac HD
- Talking Gina
Considerations

• Listening to pre-recorded music can have positive and negative effects for residents
• Always listen to the music with the resident if they have advanced dementia
• This program is initially very time intensive to set up
• Free apps are excellent, however most of them have adds. If a resident touches the app it will automatically link to the advertisement's web page and out of the app
• Difficult to encourage reluctant staff who have had minimal access to technology themselves
• Technology is changing very rapidly. There are new apps added every day
“Music therapy can take there ‘in the moment’ responses to a different level of improved attention, awareness, social interaction, connection to others, even improved memory, whereas the iPod/iPad is only tapping into the possibilities”

Connie Tomaino - Director Institute of Music and Neurologic Function
“When the ipads arrive, it is my fervent hope that there will be music therapist around to guide the process, ready to accept referrals of individuals into the program, develop rapport with them, assess their strengths and needs, set goals and objective for their therapy, observe, develop music therapy strategies, plan and implement music therapy interventions, evaluate progress on an ongoing basis, and readjust and reassess as needed”

Michael Rossato-Bennett – ‘Alive Inside’ Film Maker
For further information regarding music therapy iPad/iPod workshops and training please contact

Alexandra Morse
0409 891 118
alexandradyer_rmt@hotmail.com
PO Box 952 Devonport TAS 7310