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Music path

Learning Scenario by Alzheimer Bulgaria Association



VIBORG
MUSEUM



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FONDAZIONE
PATRIZIO PAOLÈTTI
PER LO SVILUPPO E LA COMUNICAZIONE



Spominčica
ALZHEIMER SLOVENIJA



Innovation Frontiers
Mind is the limit



CRHACK LAB F4D

Abstract

- Tour in a museum for people with dementia that is accompanied with appropriate music
- People with dementia listen to music connected to the exhibits in the museum (max 2-3 exhibits)
- People with dementia can sing along with the song or they can be stimulated to talk about what the song and the object bring to their minds



Main characteristics of the Learning Scenario and needed materials

- **On-site activity** – in a museum
- **Duration:** 45 min – 1 hour
- **Digital device** (for playing music)
- **Music app/ website/ downloaded songs** (for creation of a playlist)
- **2-3 artworks max** (chosen according to the life and experiences of the people with dementia)



Aims of the Learning Scenario

- Improve people with dementia's emotional state by helping them spend meaningful time together
- Stimulate their communicative and cognitive skills through talking to each other and listening to music stimulating their emotions
- Provide the caregivers with music tools that will ease the communication with the people with dementia and will help for improving their emotional state when needed
- Provide tools for further therapeutic sessions



Pre-activities

- Comfortable transport
- Provided facilities for people with dementia – easy-accessible toilets, room for rest, chairs for rest, dementia-friendly environment
- Prepared playlist (according to the exhibits and preferences of people with dementia)



Activities

1. Welcoming – 10 min.

- *Providing information about the activity and the environment*
- *Introducing questions (about the preferences of people with dementia)*

2. Walking around – 25 min.

- *The tour starts*
- *People with dementia choose 1 or 2 exhibits they like and sit in front of them.*
- *Music is played to them.*
- *The caregiver or the facilitator stimulates them to talk by asking questions or encouraging them to sing*

**The caregiver/ facilitator can highlight the songs that the person with dementia likes the most because later on they can be uploaded on AIDA Hubs.*



Activities

3. Conclusions – 10-15 min.

- *All participants sit together, drink tea and talk about their experience. They can share their thoughts and they can also sing a song together.*

4. Follow – up – Private gallery - 20-30 min.

The highlighted songs can be uploaded on AIDA Hubs in the private gallery of the participant for further therapies. Notes can also be added (describing the influence of the song on the person with dementia)



Additional information

- Learning scenario in accordance with the **AIDA Methodology** combining **Digital, Art and Care**
- **Resources used:** *Music for Memories – Bulgarian Music Therapy Association, 2021*
- **Handling critical situations:**
 - ***no pressure on the person with dementia – implementing only activities he wants to do***
 - ***Understanding the power of music on emotions of people with dementia – expecting emotional response to music***
- **Tool used for evaluation and feedback by participants and caregivers :** VAS, semi-structured interviews





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Thank you!

More information about the project on AIDA website:
<https://artzheimer.eu/>



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