



MANCHESTER CAMERATA

Music in Mind

A music therapy based project for people with dementia and their carers

MANCHESTER CAMERATA:

- * One of the UK's leading chamber orchestras
- * Famous for innovation and collaboration
- * A Registered Charity
- * CAMERATA IN THE COMMUNITY PROGRAMME

Schools Health & Wellbeing

“ Uses the creation of music as a tool to improve the quality of life of people of all ages in the community ”

MUSIC IN MIND:

- * Established in 2012
- * Uses improvisation as a way of encouraging people with dementia to express themselves and communicate with others
- * Delivered by a musician from the orchestra and a qualified music therapist
- * Up to 12 people with dementia and carers per session
- * Projects last between 10 and 20 weeks
- * Projects funded by charitable trusts, NHS CCGs and local authorities

METHODOLOGY:

- * Group improvisation using percussion, instruments and voice
- * Music-making led by participants, supported by musicians and care staff
- * Music becomes main form of communication
- * Practitioners and care staff reflect after every session
- * Central to all this is the participants':

CHOICE

Of when and how to play

Of instrument

Of how their music fits in with the rest of the group

DELIVERY:

Music in Mind has reached approximately:

1,200 participants



39 venues



17 practitioners



The following principles guide each Music in Mind session:

INSTRUMENT SELECTION

Participants are supported to choose which instruments they want to play. If they don't have a preference, the musicians look for cues which may indicate which instrument could be appropriate or accessible (such as tapping the arm of a chair). Anyone can play one of the instruments, regardless of ability, and use it to communicate in their own way across the group

BREAKING MUSIC INTO ELEMENTS

For ease of participation

MUSICAL CONVERSATIONS

A musical conversation is created across the circle using the following techniques to shape the sound:



SPACE IN THE MUSIC

Sometimes the brain with dementia works more slowly, so it might take someone longer to process the sound they have heard and then respond to it. Music in Mind works at the participants' speed - they are the conductors

CREATIVE PRINCIPLES

ROOM LAYOUT

Sitting down in a circle of chairs so everyone can see each other. Limited talking so all the musical sounds can be heard, without allowing one sound or person to dominate

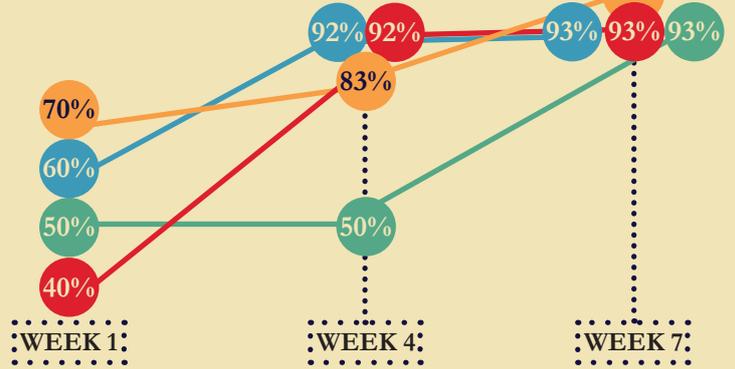
FIND & HEAR OWN VOICE

Gaps are left within the improvisation to encourage participants to take solos in order to find and hear their own voices

Research & Evaluation

Research has been at the heart of Music in Mind since 2012, in partnership with The University of Manchester & HKD Research. The sections below highlight some of the outcomes identified by HKD Research across projects which took place in care settings in Greater Manchester:

The below graph outlines the percentage of participants who recorded a 'highly' positive **SOCIAL COMMUNICATION**, **EMOTIONAL** and **MUSICAL** reaction across seven weeks of Music in Mind in one care home:

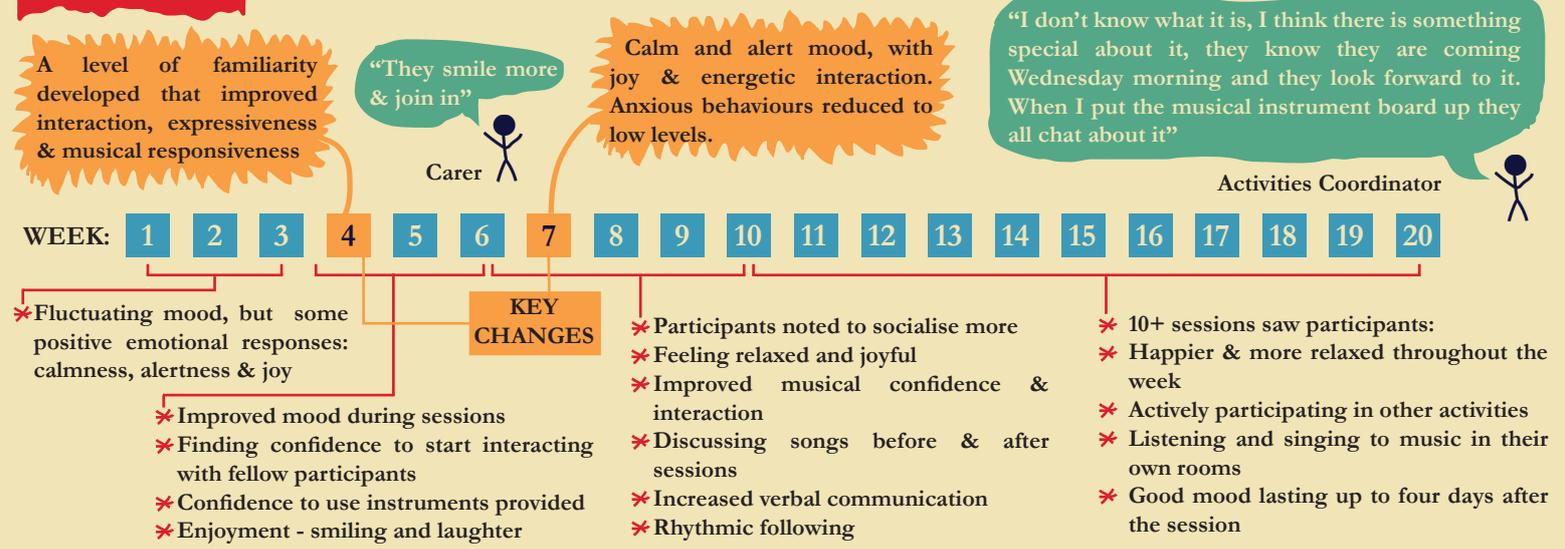


Identified across all projects:



TIMELINE:

The below timeline is based on outcomes observed across three Music in Mind projects delivered in Tameside:



SUSTAINABILITY & CO-DELIVERY

Past evaluation data has shown that the extremely positive outcomes of Music in Mind could be limited to the duration of each project. Consequently, in an attempt to sustain the benefits to participants, a new co-delivery approach to train the Activities Coordinator to lead Music in Mind style sessions was trialed in 2017:

The Team:

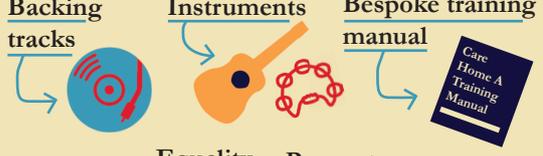
The **Activities Coordinator** was invited to participate in project planning, delivery and decision making

They were part of a co-delivery team that also included a **Music Therapist**, **Musician**, and **Specialist Dementia Nurse**

Training:

- * Improvisation
- * Focusing a group
- * Guiding interaction through music
- * Designing a 'hello song'
- * Use of pre-existing songs
- * Use of repetitive patterns
- * Use of pentatonic scale
- * Communicating through music

Tools:



Outcomes:

The Activities Coordinator felt more confident, better equipped to communicate with participants and had an enhanced appreciation for both music and their job role

"Talking through the instrument, that was a really big thing. Learning how to use them with the people with dementia who don't have language. When you play it back to them and they play it back to you. Makes me wonder how I used to do the music group before. Makes me feel like 'wow', to enable them, to help them listen to themselves, to see them progress is amazing!"

Activities Coordinator from Manchester trial



Music in Mind is managed by Manchester Camerata's Camerata in the Community team. For further details please contact Lucy Geddes, Head of Camerata in the Community:

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The evaluations shown in this infographic were completed by HKD Research. Infographic designed by Jennifer Wall.