



# Welcome

*The session will begin shortly*





# Music in Dementia Homecare

**“A Hertfordshire-wide programme supporting personalised music in dementia care”**

# Introduction



The **Power of Music – Music in Herts Dementia Care** project aims to increase the access of personalised music experiences for individuals across Hertfordshire living in Care Homes and receiving Community Support through training.



# What does the evidence tell us?



Music therapy and music-based interventions can have significant positive effects on individuals. Importance of integrating music into daily routines to support the emotional and physical well-being of individuals.

- **Behavioural and Psychological Benefits:** Music therapy has been found to reduce common symptoms of dementia such as agitation, depression, and anxiety. It can also improve overall well-being and quality of life.
- **Improved Sleep and Pain Management:** Music therapy has been associated with better sleep duration and reduced pain levels, contributing to enhanced comfort for resident.
- **Enhanced Emotional Expression and Interaction:** Music serves as a medium for individuals living with dementia to engage more actively with their environment and express emotions more effectively.



Delivery September 2025 to January 2027

Year 1

Residential & Nursing Homes

Year 2

Community Day Opportunities and Homecare

# The draft package



1 day of expert led training

Access to library of resources and tools

Communication resources to share with individuals, families and staff

Consent processes and templates if applicable

Ongoing network and CPD



- ✓ Geographical Location – Hertfordshire Only
- ✓ Staff Role & Experience- Care Planning Responsibilities
- ✓ Baseline Knowledge
- ✓ Managerial Commitment and Support
- ✓ Evaluation collection- *Pre and Post Assessment, Case studies and potential data or evidence for Evaluation Partner*

# Learning Objectives



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Understand the many benefits of music therapy

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Understand how to use music to connect with people

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Understand how to apply person-centred approaches to fulfil someone's music preferences and overcoming mis-conceptions

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Understand how to integrate music preferences and therapeutic techniques within life stories and general care planning

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Understand strategies to implement music preferences in your care setting

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Understand how to cascade to staff



# What is Therapeutic Music Activity?



Considered

Well  
thought-out

Goal-based

Intention-  
driven

# Benefits of Music in Dementia Care



Improved communication

Improved wellbeing and mental health

Improved self-esteem

Reduce boredom or distress

Encourages reminiscence

Improves memory and cognition

Connection with others

Encourages movement

Spiritual Wellbeing

Non-pharmacological

Low-cost day-to-day activity

# Duty to Work in a person-centred way



Care Act 2014

Section 1: Promoting individual well-being

CQC Fundamental Standards

Person-centred care

Health and Social Care Act 2008 (Regulated Activities) Regulations 2014: Regulation 9

“The care and treatment of service users must— be appropriate, meet their needs, and reflect their preferences.”

Code of Conduct

“Promote and uphold the privacy, dignity, rights, health and wellbeing of people who use health and care services and their carers at all times.”

Connected Lives

Independence & citizenship

Alternatives to traditional services

Equity, Equality and Culture

# Linking to Care practice



# Culturally Appropriate Care and Music



Is it all Frank Sinatra?

What music is significant to the person?

What music might be upsetting for the person?

Can care partners help?



# Embedding Music Day-to-Day



Music during personal care

Humming/singing as you move around the home

Sung greetings

Call and response songs

Rhythmic tapping/clapping

Join in when you know the song

Music for context

Supporting mobility





Scan the QR code to find the next course

## Upcoming Dates for Music in Dementia Homecare 1 Day Course

**18<sup>th</sup> June 2026**

**29<sup>th</sup> June 2026**

**13<sup>th</sup> July 2026**

**28<sup>th</sup> July 2026**

**10<sup>th</sup> Aug 2026**



**POWER  
OF MUSIC**  
FUND



National  
Academy  
for Social  
Prescribing

## Discussion:

- **What music-related support do you currently offer?**
- **How would this training benefit your service?**
- **How could you apply this training in daily care?**
- **How could musical preferences be identified and recorded?**





# Questions



# Music in Herts Dementia Home Care