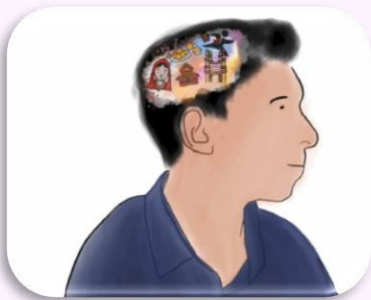
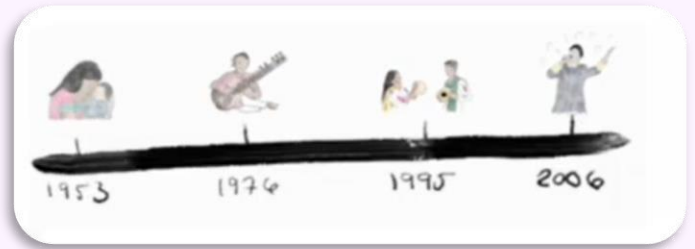


# Music Helps: Course Summary

## Chapter 1: Your Relationship with Music

- The role of music across the lifespan
- Reflecting on your own musical experiences
- Responses to music
- Musical preferences
- Music and memory



## Chapter 2: Focusing on Dementia

- Living with dementia
- Caregiver experiences
- Memory and dementia
- Communication in dementia care
- The impact of the environment

## Chapter 3: Using Music with Someone Living with Dementia

- Caregiver experiences
- A musical conversation
- Your relationship with singing
- Mirroring and matching
- Keeping aims in mind



## Chapter 4: Musical Techniques

- Service provider experiences
- Creating a playlist
- Connecting through music part 1
- Caregiver experiences
- Connecting through music part 2
- Music therapy techniques in action
- Adapting lyrics of familiar songs
- Music and movement



## Chapter 5: Putting Learning into Practice

- What is needed to get started using music
- How to adapt techniques and activities over time
- How to use music at the end of life
- How to use music for self-care
- Reflecting on learning and the musical toolkit acquired

