



Music Helps: Medium term impact

A year after launching Music Helps in 2021, 32 participants told us how they have been using music with people living with dementia since completing the course and its impact on the care they provide.

79%

of participants said that Music Helps has improved the way they provide care

100%

of participants said what they learnt from Music Helps helped them get to know the person in their care better

91%

of participants said that music makes the care they provide more enjoyable for the person living with dementia.

Participants' use of music

- Since completing Music Helps, the majority of participants said they are using music daily, mainly as a scheduled activity or during their daily care tasks.
- 66% of participants found using music a helpful way to start a conversation and 53% are using mirroring to connect with those in their care.
- 76% of participants expressed the importance of working at an organisation where music is encouraged.

“ It is difficult to take care of dementia patients, but now music therapy has helped me a lot.

Music Helps participant

Impact of Music Helps on participants

78%

of participants now feel confident to use music when caring for someone living with dementia

97%

of participants said that being able to use music makes the care they provide more enjoyable for themselves and has benefitted their own well-being.

88%

of participants said that they had a musical experience they are particularly proud of.

Impact of Music Helps on the beneficiaries

For the majority of participants there are six behavioural symptoms of dementia with which they have found music helps, since completing the course: forgetting things and people, depression, wandering/restlessness, repetitive behaviours, disturbed sleep and general anger.

“ I stopped one person from go out by playing music

Music Helps participant

“ We suffer without the help of music. Now you can take care of them very easily like getting them convinced for anything quickly, it is also helpful in everyday work, change in their mood and their attention from their unnecessary wandering.

Music Helps participant

“ He just started feeling joy, his fear and nervousness went away when I talked to him. That's how I made a positive difference with him.

Music Helps participant
