



## Music Helps (India): Collaboration and innovation in digital training



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# 1. Authors



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## 1. Authors

### Nina Cherla



Nina Cherla is a Swedish Music Therapist who trained in the UK and has lived and practiced in the UK, Sweden and India. She has been a member of the Music as Therapy International Advisory Panel of Music Therapists since 2018 and she led the development of Music Helps (India) for the charity in 2020, and its pilot in 2021. Nina has a particular clinical interest in children with communication disorders and music therapy skill-sharing.





## 1. Authors

### **Pavithra Gangadharan**



Pavithra Gangadharan: Following her graduation from the Indian School of Business in 2012, Pavithra Gangadharan founded Kshetra Assisted Living and Dementia Care Facility in 2013. She recently earned her MSc in Psychological Sciences from Brunel University in London. Pavithra also serves as the Dementia India Alliance's Joint Secretary and was the initiator of Music Helps.





## 1. Authors

### Alexia Quin



Alexia Quin is a music therapist and founder of Music as Therapy International, who was recognised for her work promoting music therapy in areas of the world where the profession is less established with the WFMT Advocate of Music Therapy Award (2017) and awarded an OBE in 2021, for services to music therapy.





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### Makeda Mitchell



Makeda Mitchell is the International Programme Co-ordinator for Music as Therapy International and has recently completed her Masters in international development.





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### Kiran Sangha



Kiran Sangha was the Team Assistant at Music as Therapy International with responsibility for data collection during the Music Helps pilot.





## 2. Acknowledgements

We are grateful to Katarina Lindblad and Demenscentrum for their generosity in allowing us to build on the fantastic example of their 'Mötas i Musik' course, which was the inspiration for Music Helps (India).

Music Helps (India) comprises real life videos and examples, for the creation of which we would like to thank Purvaa and Kalpana Sampath, Eshwari Rapola, Nina Cherla's team in Sweden and the residents of Kshetra Assisted Living.

We are also indebted to Jayshree, Parul and Srikanth Cherla for recording the different language narrations course and to Surya Prakasa Rao Cherla and Prodeep who completed the Telugu and Hindi content translation.

We would also like to thank family members of people living with dementia who shared their experiences with us, which enriched the course content, and the pilot participants for providing the detailed feedback which made our full evaluation of the course possible.

The limited technical expertise within the Music as Therapy International team proved challenging at times and we would like to thank Srikanth Cherla for his continuous, patient technical support and guidance throughout the development of Music Helps.

And finally, none of this would have been possible without the financial support of our donors, particularly Bryan Guinness Charitable Trust, Cupsmith and Stuart Riley to whom we are indebted.







## 4. An Introduction to Music Helps (India)



### Creating Music Helps

Read about the creation of Music Helps in a blog written by Nina Cherla.



### Cultural Considerations

Music Therapist & Course Creator, Nina Cherla, introduces a few of the cultural considerations given to developing Music Helps (India).



### Launching the course

Read about the launch of Music Helps in India, after 2 years spent developing the training.



### Piloting the Course

Read about the pilot of Music Helps at Kshetra Assisted Living by Heritage ElderCare Services.





## 4. An Introduction to Music Helps (India)

### Course Overview



0:34



**Click the on the screenshot to watch an introduction to the course (English)**



# 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 playlists
- Connecting through music part 1
- Caregiver experiences
- Connecting through music part 2
- Music therapy techniques in actions
- 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





## 5. Impact

**Pilot Report  
(Executive Summary)**



**Medium Term Impact**



### Care Provider Experience



Pavithra Gangadharan speaks from the perspective of a care provider about her experience of enrolling caregivers on Music Helps (India).





## 6. The Future of Music Helps

### Future of Music Helps (India)



### Future of Music Helps (UK)



# Music Helps (India)

## Next Steps



### 1. Music Helps will remain accessible in its current form

“Since Music Helps was created to aid in establishing a culture of caregiving at Kshetra that values the benefits of music in caregiving, we intend to keep using it to train all of our carers, as well as the administrative, nursing, and support personnel employed at our center. We plan to make access to Music Helps available online on our Kshetra website in due course.”

There have also been sign-ups from other organisations within India, the UK, Germany and the US which suggests wider demand. We will address initial technical issues, re-structure the use of surveys and leave the course open-access.

### 2. We will explore the relevance of Music Helps to home/family caregivers

“We are eager to make this course available to family caregivers in India who are managing care in their own homes. This is motivated by how useful the Music Helps course has been in enabling caregivers at our care center to appreciate the positive impact of music in care and by the positive experiences reported from implementation of this approach.”

To date, several home carers living within India, the UK and the US have enrolled onto Music Helps and their feedback has confirmed the relevance of the course to home and family carers. This is particularly relevant given the majority of people living with dementia in India are cared for at home.

### 3. We will undertake identified course improvements

“Some of the course's video content is currently being dubbed into Hindi and Telugu and we are working to address some minor technical issues with the course modules (identified during the pilot).”

We have replaced the detailed evaluation surveys which enabled us to capture the full learning experience of participants during the course pilot, with a smaller number of questions designed specifically to support participants to reflect on their learning. This will enable us to continue to collect some impact data but will reduce the burden on participants and extend the learning experience..

### 4. We will look for opportunities to promote Music Helps within and beyond our existing networks

“In 2024, we plan to approach other aged-care facilities to include this course in their caregiver training modules so that a greater group of care recipients can benefit from this knowledge. If there is a demand, we could think about offering the course in more languages in the future.

We think the course has great potential to help caregivers of people with dementia, and we would be happy to eventually share that potential with other individuals as well as institutional caregivers in India and we'll advertise it on caregiver forums to encourage family carers in the second half of 2023.”

### 5. We will consider the value of offering the course as a facilitated package with someone present in the room with a group of participants, to initiate peer discussions and collective reflection.

### 6. We will champion the benefits of Music Helps for caregivers' personal well-being



# Music Helps (UK)

## Adapting the course to a multicultural UK audience



Encouraged by the immediate impact of Music Helps (India) and by the enthusiasm of several figures working in dementia care in the UK, we are now working to develop a version of the course tailored to a multi-cultural UK context.

“Optimising care for people living with dementia is one of the key priorities for health and social sectors in the UK. When I saw the online training course Music as Therapy International had developed for caregivers of people living with dementia in India, I immediately recognised its immense potential for care providers in the UK.”

David Mayhew CBE, Chairman of Alzheimer’s Research UK

“Music Helps is perfectly designed for a care workforce facing significant challenges. From the way it’s structured and sliced into manageable segments, to the tone, language and level at which it’s pitched – it’s substantial without being overwhelming.

Music is often seen as another thing to do, but this training demonstrates how music helps to make everyday tasks easier.

It’s clear how people completing it will gain knowledge and skills they can practically apply into the care they provide. This promises to be a timely and impactful training tool that will support care givers so people living with dementia can have access to music as part of their daily care.”

Grace Meadows, former Programme Director, Music for Dementia



## Our Findings

1. The value of music for people living with dementia is **well-recognised and underpinned by research**.

Read our Dementia Evidence Summary here: <https://s36075.pcdn.co/wp-content/uploads/Dementia-and-Music-Evidence-Base-Leaflet-2020.pdf>

2. Care settings currently have **limited capacity to engage with in-person training** opportunities and **online training may be more accessible**.

3. 39% of people living with dementia (over the age of 65) are cared for at home and research **indicates home-based activities are a positive starting point to address anxiety and depression**.

Source: Prince, M et al (2014) Dementia UK: Update Second Edition report produced by King’s College London and the London School of Economics for the Alzheimer’s Society

4. Music training opportunities for caregivers are limited, localised & rarely available to home carers.



5. It is anticipated that between 2011 and 2051 there will be a 7-fold increase to the number of people from non-white communities known to be living with dementia in comparison to a 2-fold increase across the whole UK population. *Insight into how dementia affects non-white communities is limited due to historically low rates of diagnoses, for a number of different reasons (including ethnic inequalities with respect to diagnosis, treatment and support, socioeconomic factors and cultural attitudes).*

Source: Alzheimer’s Society (2022) <https://www.alzheimers.org.uk/about-us/policy-and-influencing/what-we-think/demography>



6. There is evidence that although cultural activities are more likely to be taken up by older people, non-white people are less likely to engage with them.

Source: Mak HW, Coulter R & Fancourt D. (2020). Patterns of social inequality in arts and cultural participation: findings from a nationally representative sample of adults living in the United Kingdom of Great Britain and Northern Ireland. *Public Health Panorama*, 6 (1), 55 - 68. World Health Organization. Regional Office for Europe. <https://apps.who.int/iris/handle/10665/331566>. License: CC BY-NC-SA 3.0 IGO Perkins, R., Mason-Bertrand, A., Fancourt, D., Baxter, L., & Williamson, A. (2020). How Participatory Music Engagement Supports Mental Well-being: A Meta-Ethnography. *Qualitative Health Research*, 30(12), 1924–1940. <https://doi.org/10.1177/1049732320944142>

7. All of the training providers we spoke to acknowledged that more work was needed to decolonise the music repertoire being used within dementia care and few felt they had yet addressed this fully.

The scope of Music Helps is significantly different to the training offered by other organisations, particularly with respect to its consideration of the different cultures of caregivers and people living with dementia, care provided within a home environment, and the role of music towards the end of life.

Music Helps (UK) is currently in development and will be piloted at the end of 2023.

To receive updates on Music Helps (UK) or to access the course when it is available:

Email: [info@musicastherapy.org](mailto:info@musicastherapy.org)







## 7. Enrol

**You can enrol on Music Helps  
(India) by clicking on the images  
below**



ENROL



ಮೊದಲು ಪೆಡದಾಂ



शुरु करें





## 8. Kshetra Assisted Living by Heritage ElderCare Services (P) Ltd.



### Organisation Information

Kshetra was established in 2013 as an assisted living service provider, and has evolved into a specialised dementia care service provider in response to the demand for such support from family caregivers.

Frost & Sullivan India, presented Kshetra with the Best Assisted Living Service Provider of the Year 2015 award. Kshetra is the youngest geriatric care service provided in Hyderabad, India by its parent firm, Heritage ElderCare Services (P) Ltd., which has been providing a spectrum of geriatric care services for over 25 years.





## 8. Kshetra Assisted Living by Heritage ElderCare Services (P) Ltd.

### Find out more (film)



In order to create a Continuum of care for Senior Citizens, Heritage ElderCare Services (P) Ltd. added Kshetra (an assisted living home for seniors) to its other senior-care services, in 2012. Kshetra offers to its residents- furnished rooms, housekeeping and hospitality services, vegetarian meals, caregiver services and medical care coordination.





## 8. Kshetra Assisted Living by Heritage ElderCare Services (P) Ltd.

### Contact



**Website:** At Kshetra, we offer long-term and short-term residential services for senior citizens and Alzheimer's and dementia care services in Hyderabad, Telangana.



**Get in Touch with Kshetra**

Please fill in the form and we will get back to you

\*Fields marked with an \* are required

Name\*

Phone Number\*

Email\*

Your Message

Tel: +91 96666 41238

Email: info@heritagehealthcareindia.com pavithra.g@heritagehealthcareindia.com



**Get in touch:** Fill out a quick form and a representative from Kshetra by Heritage ElderCare Services Pvt. Ltd. will get in touch with you.





## 9. Music as Therapy International



music as therapy  
international

Thank you for taking time to read this e-Poster.

This e-poster series contains several resources that detail information on our projects in other parts of the world. Please visit the resources section of our website to find out more.





## 10. Feedback



music as therapy  
international

We'd love to hear your feedback! Please use the link below to leave your name, write a brief comment or answer 4 short questions for us... We'd love to hear from you!

[Complete the survey](#)

