



music as therapy
international



Weaving music through the fabric of dementia care

How Music Helps makes a difference to the care of people living with dementia

Edition: March 2026

The difference Music Helps makes to care

Music Helps has cemented its place in our training portfolio as an activity that consistently delivers immediate and longer-term outcomes identified in our Theory of Change.

Since the launch of Music Helps, we've collected hundreds of quotes, responses and data points from more than 750 caregiving participants.

Evaluation of this evidence shows this training to be an effective, relevant and accessible tool for inspiring and equipping caregivers to introduce and use music in the care they provide for people living with dementia.

Immediate outcomes provide the ingredients for caregivers to get started using music. Our evidence to date shows strong performance in the immediate outcomes above can translate into further positive changes. As music is used consistently, caregivers see the impact it has and commit to embedding it into their care provision.

After they start putting their learning from Music Helps into practice – creating opportunities for wider music participation – we see emerging evidence of its outcomes for people living with dementia.

750

caregivers have accessed
the course to date

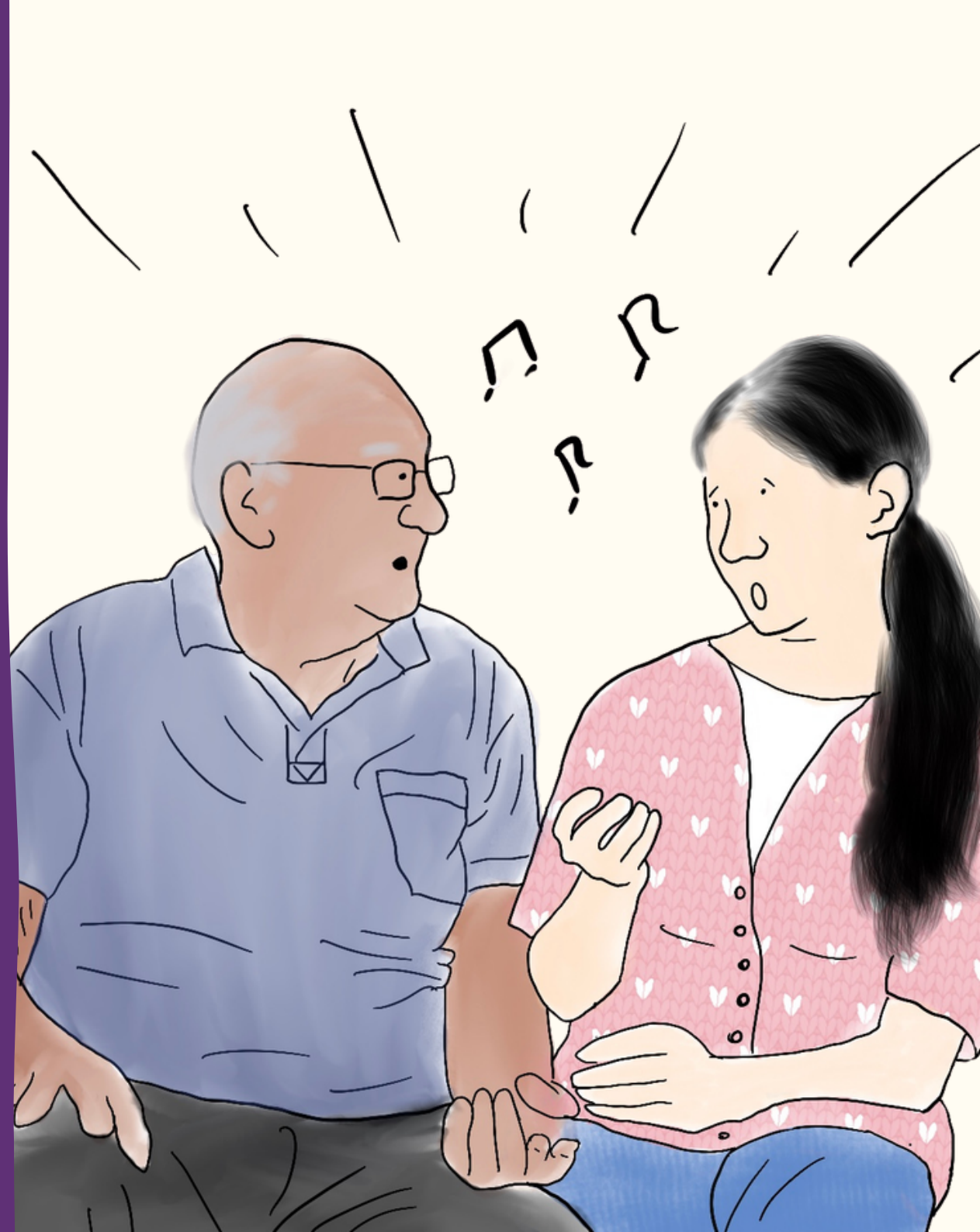
4.8/5

average score out of five
stars given by participants

99%

of graduates said they felt confident to use music in their care provision

“Inspiring... the real-world examples provided helped make complex concepts feel accessible. I feel motivated to learn even more and apply these insights in my own work.”



100%

of caregivers felt equipped to use music, identifying at least one* of the approaches in the musical toolkit to manage some of the more challenging symptoms of dementia

The musical toolkit



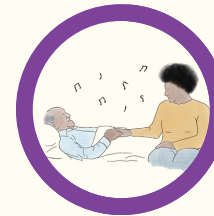
Using music as a diversion



Singing together



Creating a playlist



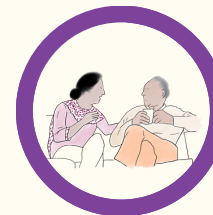
Providing end of life comfort



Starting a non-verbal conversation



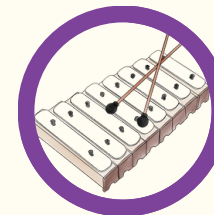
Using matching to connect



Using music to start a conversation



Adapting song lyrics to tasks



Playing an instrument together



Encouraging movement

*caregivers on average have chosen more than 8/12 approaches from the musical toolkit

95%

of caregivers are encouraged by gaining insight into the ways music can help people living with dementia*

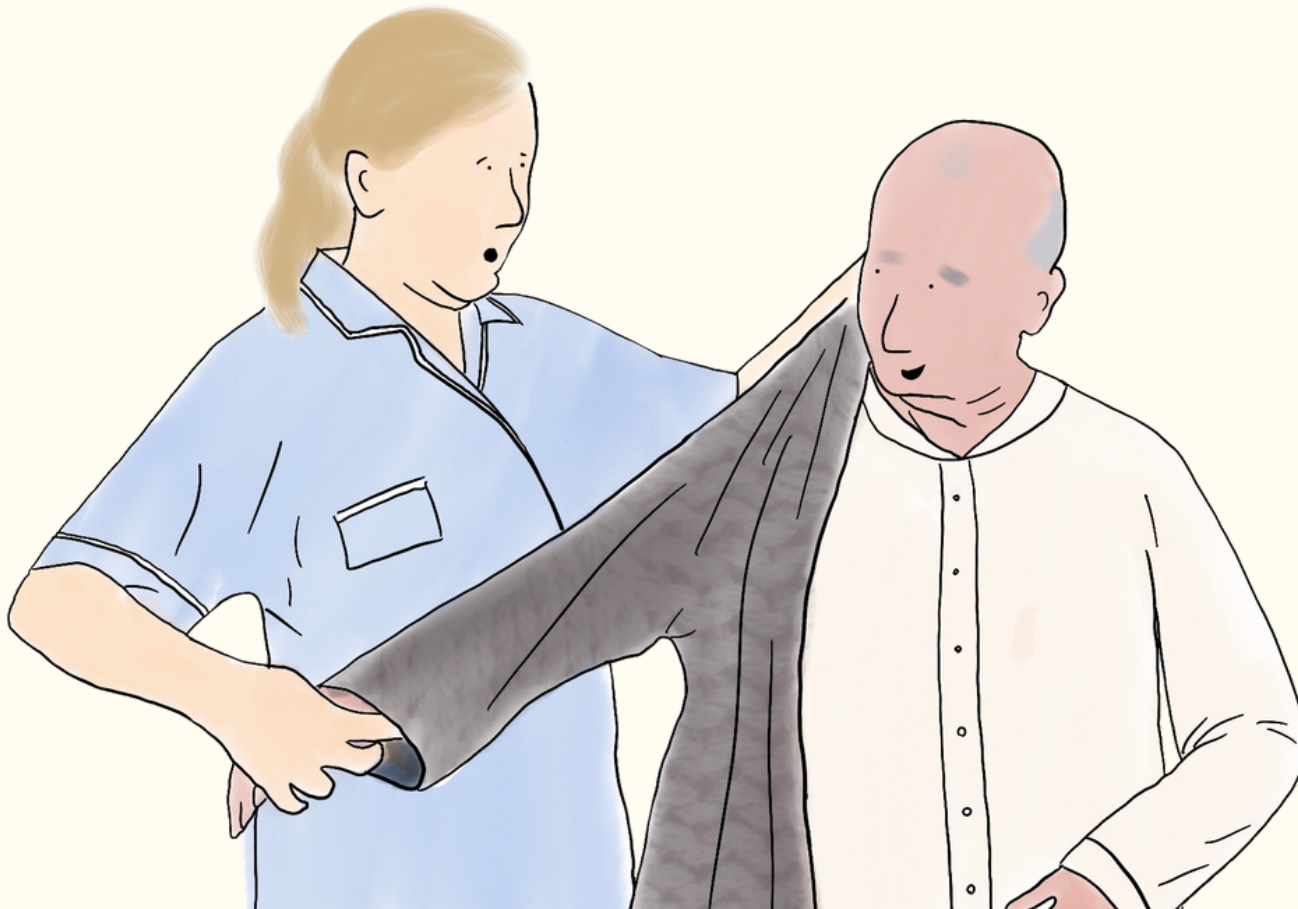
*Caregivers identified at least four symptoms of dementia with which they felt music could help:

- Anxiety (86%)
- Depression (76%)
- Loss of self-confidence (75%)
- Wandering / restlessness (71%)

“ I absolutely look at people with dementia differently, it's opened up my thoughts and abilities on how to communicate with them in a more calming demeanour and be extremely thoughtful on their understanding whilst conversing with them.



“ I learnt that music is a huge therapy to a dementia resident, it helps to reduce anxiety, lighten their moods, helps them express feelings and it also helps residents connect with their past and helps walk them through their life journey. Also, it helps you as a carer to connect with the residents better.



73%

of caregivers said using music helped them to get to know people with dementia better

Graduates report feeling pride and greater fulfilment in their role:

“ I feel I am making a difference and am enjoying my job even more as I feel I have a purpose.

92%

of caregivers felt supported by our training approach, with the course benefitting their own wellbeing



“ Once we got started, it became clear to everyone that music consistently triggers positive responses, even in people with advanced dementia. That shared understanding has helped embed it into our culture and we all agree it’s something we should continue.



90%

of caregivers indicated their ongoing commitment to using music in the care they provide

Caregivers completing the course have actively advocated for the role music can play in dementia care:

“ Please encourage ALL care homes, domiciliary workers and family members as carers to take this course.



Music Helps
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