



Music Helps (UK)

What is Music Helps (UK)?

Music Helps (UK) is an online training course designed to help caregivers supporting people living with dementia to understand how music can enhance the care they provide. Access to the course is currently free of charge.

The course comprises 5 interactive chapters offering videos, practical examples, caregiver interviews, exercises and resources. Techniques drawn from music therapy are demonstrated and explained to equip caregivers with deeper understanding and a full musical toolkit. It aims to support the use within dementia care with consideration to how this might change as the disease progresses.

Who is it for?

Anyone working with, or supporting, people living with dementia, including care home staff, homecare providers, family members, volunteers, activity leaders, visiting musicians etc. No prior musical skills are necessary.

[Join the Pilot](#)



music as therapy
international

Course Summary

Chapter 1: Your relationship with music

- The role of music across the lifespan
- Reflecting on your own “musical heritage”
- Responses to music and musical preferences
- Music and memory



Chapter 3: Using music with someone living with dementia

- An introduction to music therapy techniques
- A musical conversation
- Your relationship with singing



Chapter 2: Focussing on dementia

- Living with dementia
- Dementia and memory
- Communication in dementia care



Chapter 4: Musical Techniques

- Creating a playlist
- Connecting through music
- Music therapy techniques in action
- Adapting Songs
- Facilitating movement

Chapter 5: Putting learning into practice

- How to start using music
- Adapting your approach over time
- Music at the end of life
- Music for self-care
- Reflecting on your new musical toolkit

