

ASGB Music & Memory: iPod Program

Project Purpose

Using iPod technology, this program aims to provide a person living with dementia with a musical intervention that is designed to stimulate memory, encourage engagement and support self-expression and sense of identity.

Project Description

The Alzheimer Society of Grey-Bruce is committed to enhancing the quality of life for persons living with dementia. In light of the growing body of research supporting the benefit of using music to connect and engage persons living with this diagnosis, the ASGB will strive to make this information more widely known as well as accessible. The ASGB's iPod project will involve two components:

1. Providing persons eligible (see requirements below) for this program with an iPod shuffle and headset complete with a personalized playlist. Participants get to choose the type of music they would like loaded onto their iPod and may keep all equipment until the 3 month follow-up interview, at which time needs will be reassessed. Regular follow ups will be made by Support Councillor at the ASGB to evaluate the benefits of the music strategy. Participants are asked to return the iPod and headset to the ASGB. We would like to provide this service to as many clients as possible.
2. Facilitating public information on the benefits of music. Participants will be encouraged to utilize their own resources; however access to a broad range of music and the development of a personalized playlist can be supplied by the ASGB.

Project will be open to the broad community and will be slowly phased in to aid in managing expected demand on human resources. See below for an implementation timeline.

Program Eligibility:

1. The iPod recipient requires a formal diagnosis of dementia
2. The person with dementia or caregiver must reside within Grey-Bruce County
3. The caregiver must agree to provide feedback for the project both when signing up and after 3 months' time
4. The person with dementia must reside at home
5. For persons with hearing impairments, considerations should be made to ensure iPod does not interfere with hearing devices, in order that they receive the full benefit of the program.

Click here for video testimonial <https://www.youtube.com/watch?v=UPscivAek1w&feature=youtu.be>

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All eligible participants will receive:

- One iPod Shuffle with in-ear headphones and USB cable.
- One set of over-the-ear headphones.
- One wall charger.
- Free technical assistance for set up and ongoing maintenance.

FAQs

Q. Is the Music & Memory: iPod Project only appropriate for people in the early stages of the disease?

A. No, the Music & Memory iPod Project can prove beneficial to people in every stage of the disease.

Q. Do I need a computer to participate?

A. No, we will set up and load your iPod with personalized music in our office.

Q. Is the iPod mine to keep or is it loaned to me?

A. Although the iPod is yours to borrow, if at any time you decide that you no longer need or want the iPod, we ask that you please donate the iPod back to us to be given to someone else.

Questions?

Contact Alzheimer Society Support Councillor, at 519 376 7230 or 1 800 265 9013