



Therapy for Memory: A Music Activity and Educational Program for Cognitive Impairments

Richard S. Isaacson, MD
Vice Chair of Education
Associate Prof of Clinical Neurology
Education Director, McKnight Brain Institute
University of Miami Miller School of Medicine

Justin C. Berger, BA
Professional Musician
Berklee College of Music Graduate
Soul Revival Entertainment
www.TherapyForMemory.com

Evidence for "Music Therapy"

Benefits are not only for memory!

- Attention / Focus
- Language / Speaking skills
- Behavior: Anxiety, Agitation, Depression
- Caregiver Burden
- Sleep and Sleep Regulation
- Chemical Regulation in Brain

Outline

- Introduction
- Overview of Alzheimer's disease
- History of using Music for AD
- Therapy for Memory Program
- Strategies to Maximize Effectiveness
- Conclusion: A multimodal, interdisciplinary approach works best

Evidence for Music Therapy

- Effect of music therapy on anxiety and depression in AD: randomized, controlled study (2009)
- Significant improvements in anxiety and depression. Effect of music therapy was sustained for up to 8 weeks after the discontinuation.

[Journal of Dementia and Geriatric Cognitive Disorders](#)

What is AD?

AD Statistics...

- AD is the most common cause of dementia among people age 65 and older.
- 5.3 million people now have AD.
- ~45% of people age 85 and over have AD.
- By 2050, 13.2 million older Americans (and 100 million worldwide) expected to have AD if no preventive treatments become available.



Evidence for Music Therapy

- Impact of music therapy on anxiety and depression for AD patients and on the burden felt by the main caregiver (2009)
- Weight of the physical/emotional burden experienced by caregiver fell significantly
- All patients expressed a sensation of well-being and pleasure, e.g. "Music made me feel better, I feel more relaxed", "I feel better"

[Encephale](#)

Evidence for Music Therapy

- The impact of music therapy on language functioning in dementia
- Music therapy significantly improved performance on both speech content and fluency of spontaneous speech

[Journal of Music Therapy](#)

Therapy for Memory Program Components

- Introduction
- Finding the Beat (Easy-Medium)
- Counting the Beat (Easy-Medium)
- Rhythm Exercises with a Shaker (Medium)
- Counting Combination (Hard)
- Music History Lesson (Easy)
- Soothing Sounds

Evidence for Music Therapy

- The effect of background stimulative music on behavior in AD (2007)
- Significant increase in positive social behaviors and a significant decrease in negative behaviors related to agitation when music is played

[Journal of Music Therapy](#)

Therapy for Memory Program Across All Stages of AD

- Introduction
- Finding the Beat (All Stages)
- Counting the Beat (All Stages)
- Rhythm Exercises w/ Shaker (Mild-Moderate)
- Counting Combination (Mild)
- Music History Lessons (Mild-Moderate)
- Soothing Sounds (All Stages)

Evidence for Music Therapy

- Music as a memory enhancer in patients with Alzheimer's disease (2010)
- Patients with AD demonstrated better recognition accuracy for the sung lyrics than the spoken lyrics

[Neuropsychologia](#)

Therapy for Memory Program Components

- [Finding the Beat](#) (Easy)
- [Counting the Beat](#) (Medium)
- [Rhythm Exercises with a Shaker](#) (Medium)
- [Counting Combination](#) (Hard)
- [Music History Lesson](#) (Easy)

Therapy for Memory Team

- Developed By Healthcare Providers (Neurologist, Psychologist, Nurse) and Professional Musicians
 - Dr. Christopher Ochner, PhD
 - Asst Professor of Clinical Psychology
 - Columbia University of Physicians and Surgeons
 - Aline Schuh, RN, BSN
 - AD, Memory Disorders and Psychiatry Nurse
 - Jason Goldstein, BS
 - Northwestern University, Classical/Jazz Guitar
 - Michael Bram, BM
 - SUNY Purchase School of Music

Therapy for Memory Program

Tracks 4 and 5:

Counting the beat (Easy – Medium)

- In this exercise, you will be asked to participate with the song and find the beat by counting aloud 1-2-3-4 with the beat. By counting the beat and following it in a steady manner, this will again help with coordination and concentration.

Therapy for Memory Program

Track 1: Introduction

- Press play on the CD. This track gives an introduction to the Therapy for Memory Program.

Therapy for Memory Program

Tracks 6 and 7:

Rhythm Exercises with a Shaker (Medium)

- In this exercise, you will use a shaker or other home-made instrument to follow the beat of the music. You can purchase a shaker at any local music store, online, or at our website, therapyformemory.com

Therapy for Memory Program

Tracks 2 and 3:

Finding the beat (Easy – Medium)

- In this exercise, you will participate with the song you are hearing and find the beat by either clapping your hands together, tapping your fingers on your knee or stomping your feet.

Therapy for Memory Program

Track 8: Counting Combination (Hard)

- In this exercise, you will be asked to participate with the song and find the beat by first counting aloud 1-2-3-4 with the beat, then saying “One and Two and Three and Four And” and then saying “One E and a Two E and a Three E and a Four E and a”.

Therapy for Memory Program

Tracks 9-10: Music History Lesson

- This track uses a combination of spoken music history with a variety of samples of different styles of music, including Classical, Blues, Jazz and Country.

Paragraph Recall

- What do you remember?

Language and Speaking Exercises

- Paragraph Recall

In My Life

- There are places I'll remember though some have changed. So forever, not for better, some have gone and some remain. All these places had their moments with lovers and friends I still can recall.

- The Beatles

Paragraph Recall

- There are places I'll remember though some have changed. So forever, not for better, some have gone and some remain. All these places had their moments with lovers and friends I still can recall.

Therapy for Memory Program

Track 11: **Background music for daytime, evening, or sleep**

- You will hear music to be listened to in the background during your daily routine, or before sleep. A variety of scientific studies have shown that listening to similar types of music, even in the background, may improve thinking skills in people with memory changes

Strategies to Maximize Effectiveness of Activity Program

- 30 minutes before session, drink half-cup (4 oz) of coffee
 - Must be discussed with and approved by treating physician
- If prescribed medical food, drink slowly after a big meal two hours before session
 - Must be discussed with and approved by treating physician

Pharmacologic Treatments



Strategies to Maximize Effectiveness of Activity Program

- Make a List of Favorite Artists, Songs and Albums
- Create a Library of Music Organized By Decade
- Buy Digital Recordings When Possible
- Upgrade the Stereo and Speaker System and Try to Get “Surround Sound” To Maximize Listening Experience
 - Example: Bose system is expensive but worth it!

“Non-pharmacologic”

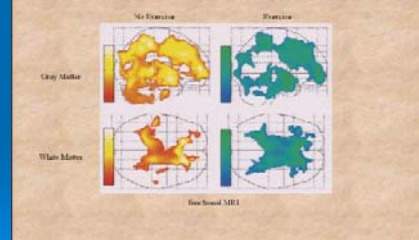
- Physical Exercise & Mental Exercise!
- Music! Listening to classical music, personal favorites, & individual Music Therapy sessions by a Certified Therapist
- Nutrition and Diet Modification
- Regular follow-up with the treating physician

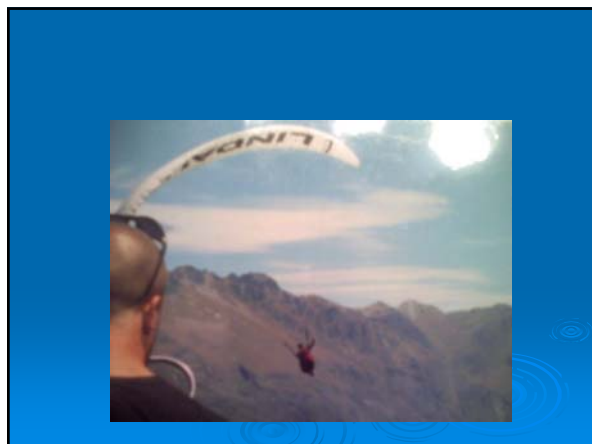
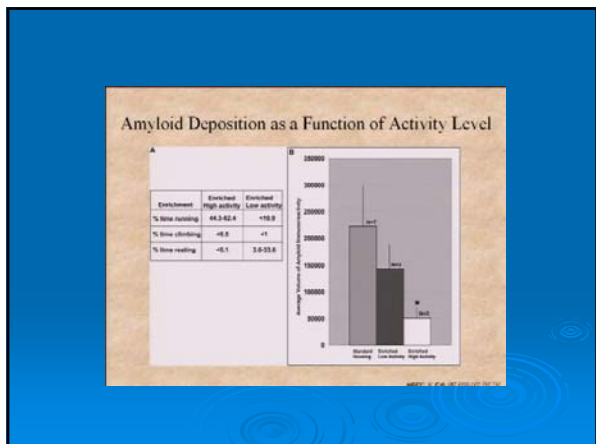
Music Activities: Part of the plan

- There are several therapies that tend to work best when used in combination
- Multimodal therapy =
Biological Principal of *Synergy*
- Important to balance safety, cost, and potential for effectiveness



Brain Preservation with Cardiovascular Exercise



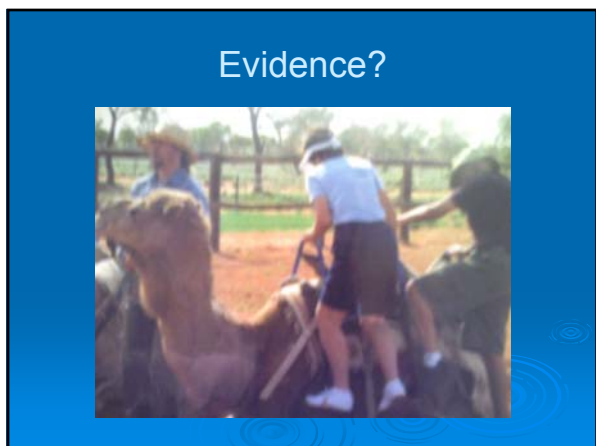


Evidence?

Dr. Isaacson,
 Here I am!
 74½ years old!
 2 years on Alzheimer meds
 Just spent one month in Australia
 and New Zealand
 Started with preparing my meds.
 Snorkled in the Great Barrier Reef
 Fed kangaroos and rode a camel
 Here wonderful memories!
 Planning for the Amazon River

Conclusion

- While we do not yet have one 'magic bullet' for AD, combination therapy including music may yield the most benefit
- Using these strategies, and with exciting advances on the way, there is more hope now than ever for patients with AD!



For More Information, Visit:




➤ www.TherapyForMemory.com

**Alzheimer's Treatment
 Alzheimer's Prevention**
 A Patient & Family Guide: 2012 Edition

As Seen on the Today Show!

www.facebook.com/AlzheimersDisease



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THERAPY FOR memory

music

- Do you have a family member with memory trouble?
- Are you a patient with a diagnosis of Alzheimer's (AD)?
- Do you provide care or supervision for someone with AD?
- Looking for daytime activities for AD/Parkinson's patients?
- Do you suffer from age-related memory loss?

For More Information:

Visit: www.therapyformemory.com
Email: info@therapyformemory.com

The benefits of music activities are extensive and have been underutilized in the management of patients with memory loss. Our program has been used by a variety of individuals in effort to stimulate the mind and exercise memory. This includes those with normal thinking skills, as well as Alzheimer's disease, age-related memory loss, vascular cognitive impairment, traumatic brain injury and Parkinson's disease. Our expert team of healthcare providers (MD, PhD, RN) and professional musicians has developed a comprehensive activity and educational program, including Finding the Beat, Counting the Beat, Rhythm Exercises with a Shaker, Music History Lessons, and Tranquil Sounds for Sleep.

20% SALE!

To order your Music Activity & Education Program on CD, or request a free sample, visit our website. Volume 1 (\$19.95+\$3.95 shipping) / & Ambient CD for Sleep (\$14.95+\$3.95 shipping) are available now! Or, Download Instantly For Only \$9.99 on our site or on Apple iTunes!



Request a
free sample!

Questions?

Call 786-4-MEMORY (786-463-6679)
and leave a message
with your name & phone number

