

## **Music and Memory now available for people living in the community**

The Music and Memory Program is an exciting program for people experiencing Alzheimer's or another dementia. It uses music to enhance someone's memory, mood and communication.

MUSIC & MEMORY<sup>SM</sup> was created by Dan Cohen, MSW, and is based on thorough neuroscience research. Since its inception, MUSIC & MEMORY<sup>SM</sup> has received national recognition, including the prestigious Audience Award from the 2014 Sundance Film Festival for the documentary "Alive Inside", which chronicles the effects personalized music, has on Henry, a man with Alzheimer's disease.

The Dementia Friendly Ozaukee County workgroup is now expanding this program to individuals living at home in Ozaukee County!

Each individual receives an iPod with a personalized music playlist for them to enjoy. The highlight of the program is how it allows people to reconnect with their memories and therefore reconnect with their loved ones through those memories. Documented research benefits of this program also include decreasing medication use by decreasing agitation, depression and restlessness and also enhancing engagement and socialization.

Requirements for someone to participate in the community program are that they need to:

- Be a resident of Ozaukee County
- Have a diagnosis of Alzheimer's or some type of dementia
- Live in the community (apartment, condo or private home) with a family caregiver
- Willing to work with an ADRC staff member and volunteer to develop a playlist and participate in 2 home visits

For more information please contact Kathy Glaser, ADRC of Ozaukee County, Dementia Care Specialist at (262) 284-8120

