

Musical identities

Music

20-30 minutes

(minimum, but can be extended)

You will need:

Postcard-sized cards
or A6 folded blank cards

Good Wi-Fi/internet
connection

Device to connect online,
such as tablet, Smart TV,
Smartphone, laptop, Alexa

Notepad and pen

Selected music

Optional:

Cables to connect a tablet
to a TV

One-to-one Dementia-friendly



Relaxing
Collaborative
Interactive

This activity is an ideal way for facilitators and participants to find out about each other, sharing their identities and stories through music as well as being introduced to, and discovering new music.

To prepare:

Put some seats in a circle in a space where you will not be disturbed.

Set up your equipment and have a couple of pieces of music lined up that you think your group will like. You can find music on, for example: YouTube, LMNOnline, Music for Dementia Radio, Roxi Music System, Spotify or BBC Music Memories.

You could choose a theme as a starting point – for example, a couple of pieces of winter-themed music.

To begin:

Introduce the theme and then ask the group if they can think of any pieces of music with that theme. Write a list of the songs that are suggested – if none are suggested you could share the songs that you have found as a starting point. Then choose one of the songs together and play it.

As people listen to the song, watch how they react and take their lead.

Based on the reactions to the song, you could:

- Sing along to it together
- Add movements
- Hum along to the song
- Tap your feet and clap your hands
- Talk about how the music makes them feel or what they know about it.

Next:

When you have finished listening to a piece of music, you could move onto another one on your list. Or you could introduce something new that you think they may be interested in.

Continue repeating this process until the group has listened to all the songs they would like to, or until your activity feels like it has reached a natural conclusion.

You could also:

Create music lists for each person that you work with as you get to know them so that you have something to refer to if you try the activity again. Also create a music list for your group so that you can remember songs you like singing together or those that you like adding movements to.

Credit:

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