



# sound

TRAINING SOCIAL AND HEALTH CARE PROFESSIONALS  
IN MUSIC-BASED THERAPEUTIC INTERVENTIONS  
TO SUPPORT OLDER PEOPLE WITH DEMENTIA

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Co-funded by  
the European Union

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# BACKGROUND: why this project?



To develop an original music-based nonpharmacological intervention and a curriculum of passive and active music making activities to improve the behaviour, mood, and quality of life of OPD and delay cognitive functions decline


The educational programme will address different needs:

- ✓ those of dementia social and health care professionals, who look for more effective methods and techniques for dealing with dementia patients;
- ✓ Those of the dementia patients to be listened and understood, to communicate through a universal language, to maintain the residual cognitive capabilities, and to improve their quality of life;
- ✓ The informal carers, who need to keep on training and acquiring new competences for better managing their loved ones in everyday life;
- ✓ the wider community, which can be more easily made aware about and educated to accept and interact with dementia patients.



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# OBJECTIVES: What will the project achieve?



1) A curriculum for the training of dementia social and health care professionals and informal carers in the use of passive and active music making activities;

2) Music content and activities for OPD that can be used (in person or remotely) by professionals and informal carers;

3) A Virtual Music Circle (VMC), i.e. a digital learning platform for social and health care workers, OPD and informal carers;

4) A series of materials for a European awareness campaign on dementia, with the aim of contributing to strengthening dementia friendly communities

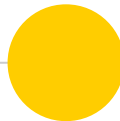
# Implementation:

## What activities will be implemented?

- **A training module for dementia care professionals** on the use of music-based activities and Virtual Music Circle;
- **Methodology for assessing the learning outcomes** and the impact of the methodology on the professionals' work-related stress management, self-efficacy and sense of frustration;
- **A music-based non-pharmacological therapeutic intervention** addressed to OPD;
- **A Virtual Music Circle.** i.e. an interactive e-learning platform through which care professionals, OPD and their informal carers can easily meet and make music together whenever they want;
- **A series of micro-consultancies for informal carers** to use the SOUND method and the Virtual Music Circle;
- **A Europe-wide dementia awareness raising campaign** based on the music performances delivered during the SOUND implementation phases.



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# RESULTS

- 1) A co-designed passive and active music-based activities training
- 2) A Virtual Music Circle
- 3) A set of “Guidelines and recommendations”
- 4) An original and comprehensive passive and active music-based non-pharmacological therapy
- 5) A “Handbook for the replication, transferability and exploitation of the SOUND methodology”, addressed to social and health care professionals
- 6) Guidelines and a toolkit for the assessment of the outcomes of the SOUND intervention
- 7) A toolkit of texts, videos and live performances



# OUTCOMES

- ❖ Open and open-access educational modules on passive and active music-making activities;
- ❖ Improve care environment;
- ❖ Improve quality of life of OPD;
- ❖ Improve informal carers' coping strategies and digital skills;
- ❖ Facilitate the participation of care professionals, OPD and informal carers in community events;
- ❖ Involve actively OPD and informal carers in a European awareness campaign for the promotion of dementia-friendly communities;
- ❖ advance the knowledge on and practice of music-based non-pharmacological intervention addressed to older people with dementia



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but also family and professional caregivers.



# THANK YOU

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