

The ALTERNATIVE SOLUTIONS PAGE

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Music: "Peg of My Heart" furnished by [Heart and Soul Music](#) "Providing Quality Music for Nursing Homes"

What About Music?

How important is music? Music has been a part of most people's lives for as long as they can remember. Music is there in all stages of life. During childhood, teen years, young adult and senior years, music plays a role.

With the shrinking dollars for recreation, music can provide a lot of bang for the dollar. Music can make any activity more enjoyable and draw your people into the activity more successfully. The mellow sounds of music can bring in a person who seldom participates. It can make him or her into a toe-tapper.

Music can improve any activity. Holidays, birthdays and other life-changing events flow better with music. By playing appropriate music, you can make even an exercise session into an entertaining activity. Just don't tell them it was good for them and they will ask when the next time is.

One way to find out what kind of music meets people's fancy is to ask what they listened to when they were young. Everyone had his or her favorite 78's and 45's, or favorite radio station that played the top 40. People who were in their teens in the 1940's danced to the sounds of Benny Goodman or the Dorsey brothers. Younger people remember Perry Como, Elvis Presley, the Beatles or the Rolling Stones.

Group leaders can lead discussions on music. They can encourage people to talk about where they were the last time they heard a piece of music. Or, what they think about when they hear musical pieces or even nature sounds.

Giving people back their past with music can be a real pleasurable experience. Music can be what gets someone started, keeps him or her involved, or makes an activity fun and stimulating. There is no special formula for having a successful activity. Every group is different just as every person needs to feel special. One way to reach people is through music.

There are a number of ways to find music for recreational activities. Your facility has music, although sometimes you have to search for it. Individuals can bring in their own music. Or you can call Recordings for Recovery at 1-800-798-1192. R4R is a non-profit music library with more than 1200 different musical titles. It is available to both activity directors and individuals. Our address is 5103 Eastman Place, Suite 101, Midland, MI, 48640-6723. You can also contact us on the web at www.r4r.org or by e-mailing us at staff@r4r.org.

Michael Hoy
Executive Director
Recordings for Recovery

ABOUT SANDRA

Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer's Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer's support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of **National Council of Certified Dementia Practitioners**
<http://www.nccdpr.org>.

[Alternative Solutions in Long Term Care](#) offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.



National Council of Certified Dementia Practitioners

NCCDP



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