



Scottish
Chamber
Orchestra



INSTITUTE FOR MUSIC IN
HUMAN AND SOCIAL
DEVELOPMENT
[IMHSD]

SCO ReConnect Music and Dementia Project: Partnership working in evaluation and practice

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Music & Dementia Research Gap

- *“The methodological quality and the reporting of the included studies were too poor to draw any useful conclusions”*

Vink et al. (2003, 2010) The Cochrane Collaboration

- *“Although musical interventions have recently gained popularity as a non-pharmacological treatment in dementia, there is still insufficient evidence of their effectiveness”*

Clement et al (2014) J of Alzheimer’s Disease

SCO ReConnect

- **Long-term aim:** to conduct collaborative research in this area
- **Initial aim:** to run an initial music project in a local dementia ward, developing our collaborative expertise

What is SCO ReConnect?

SCO ReConnect is a programme of interactive, creative, group music workshops for people living with dementia, designed and delivered by the Scottish Chamber Orchestra.

Aims of SCO ReConnect

- To improve the quality of life and sense of well-being in patients suffering from dementia through the use of interactive and group creative music activities
- To use live music performed by world class musicians to help improve the sense of well-being in all staff working within dementia wards
- To support the development of musical interaction and use of music within dementia wards by staff, families and patients
- To undertake a thorough evaluation of each SCO ReConnect project to explore the benefits of bringing creative music workshops to people suffering from dementia, and to help us continually improve our practice

Partnerships

- Artlink (Edinburgh and the Lothians)
- Royal Edinburgh Hospital
- Institute for Music in Human and Social Development (IMHSD), Reid School of Music, University of Edinburgh

Structure

- Creative and interactive, group music making workshops
- Two SCO musicians and one workshop leader supported by hospital staff in each session
- 8 weeks of 1 hour workshops with patients
- 2 music staff training workshops and 1 music information/training workshop for families of patients

Content of Workshops

- Performance of improvised pieces for and with individual patients and groups of patients
- Use of a variety of musical interactions in different musical styles, including songs
- Use of tuned and untuned hand percussion and voice to enable staff and patients to actively engage with the music and musicians
- Flexible format to enable a musical response to the interests of the patients and staff

Examples of workshop activity

- Regular song/piece of music to start and finish every workshop session
- Modes/scales for musical improvisations
- Improvisation based on the mood/ideas of the patients
- Adapting familiar songs to the individuals and group

Training for musicians

- Dementia training with Occupational Therapist
- Time spent in the ward meeting with patients and staff
- 1 day of music training
- 1 hour before and after each workshop to plan, prepare and debrief for the next workshop

Brief Evaluation Summary

1. The project was successful – the SCO musicians enjoyed the format of the sessions and developed their improvisation skills throughout the project – future projects will use this format
2. The dementia training with the occupational therapist was found to be extremely helpful for the musicians
3. The patients and staff enjoyed the sessions: the music triggered memories and encouraged interactions, movement and dancing
4. Session Reflection Sheets were effective at encouraging thoughtful discussion between musicians after each session and informing the following sessions

Acknowledgements

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