



## MUSIC & MEMORY®: Generating Wide-Ranging Scalable Therapeutic Outcomes Across Healthcare Settings

### What is Music & Memory?

The provision of personalized music to improve quality of life and quality of care.

### Populations Impacted:

Long-term care, psychiatric, intellectually and developmentally disabled, home based, palliative and end-of-life care, autism, stroke, and PTSD. Settings include skilled nursing facilities, assisted living communities, home care programs, VA medical centers and community living centers, hospices, hospitals, and adult day programs.

### Statistics

- Number of participants: approximately 80,000
- States operating: all 50 states. States adopted as policy by health system: 29  
AL AZ CA CO CT DE GA IL KS LA MA ME MN MO ND NH NM NV OH OK PA SD TN TX UT VA VT WA WI
- Countries: 10 (Canada, Australia, UK, The Netherlands, Ireland, Israel, Switzerland, Germany, Curacao, Argentina)
- System-wide public hospital adoption in NYC (NYC Health + Hospitals) and Australia (NSW Health)
- Number of healthcare settings: >5,000

### Outcomes Generated:

Antipsychotic/Anxiolytic meds reduction  
Falls reduction  
Hospital readmission reduction  
Delirium reduction/prevention  
Enhanced social interaction  
Improved PT, OT, SLP outcomes

Reduced anxiety and distress (recipients + caregivers)  
Fewer staff injuries & physical altercations  
Better mood and communication  
Less caregiver stress  
Ameliorate swallowing difficulties  
Increased appetite

### Key Videos

[Leadership Video](#) (3 minutes)

[NSW Health Music & Memory](#)

[Intergenerational Student Support at CCRC](#)

[New York City Health + Hospitals](#)

[Texas State Supported Living Centers Video](#)

[Henry Video](#) (62 million views)

[Music & Memory at Home](#)

[California Association of Health Facilities – 300 homes](#)

### Research

[Report to National Alzheimer's Project Act Advisory Council on Alzheimer's Research, Care, and Services by Brown University National Institute on Aging, Five-year Music & Memory \\$3.5 million grant - Year 1 update \(start at 35:20\)](#)

[International Journal of Neurorehabilitation](#)

[University of Kansas School of Medicine Research on Individualized Music's Impact on Neuropsychiatric Symptoms](#)

[Music & Memory and improved swallowing in advanced dementia](#)

[Music Intervention to Prevent Delirium... Intensive Critical Care Nursing](#)

[University of China Hong Kong meta-analysis of personalized music research](#)

[University of Utah Brain Scan Alzheimer's Personalized Music Research](#)

[University of Michigan School of Medicine – "Time to "just say no" to behavior-calming drugs for Alzheimer patients"](#)

[Front Porch Music & Memory Report](#)

[Duke Univ. Medical Center, Dept. of Medicine, Geriatrics Research](#)