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 Neuropediatrics

- 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