



# Meaningful Music

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# Why Music?

Social connection

Physical activity

Quality sleep

Physiological regulation

Memory recall

Positive mental health and mood

Stress reduction



# Music Therapy for Alzheimer's/Dementia

Musical memory is preserved the longest!

Improvement in mood and quality of life

Reinvigorates sense of identity and self

Restores personal connections

Can assist caregivers in areas of daily living

Provides personal benefit for caregivers



# Ways to Engage Your Loved One



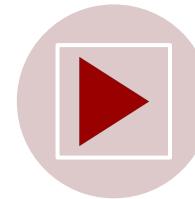
Sing



Listen



Move & Dance



Play / Learn



Pair music with  
activities of daily  
living



Create playlists to  
support routines

# Additional Information

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