

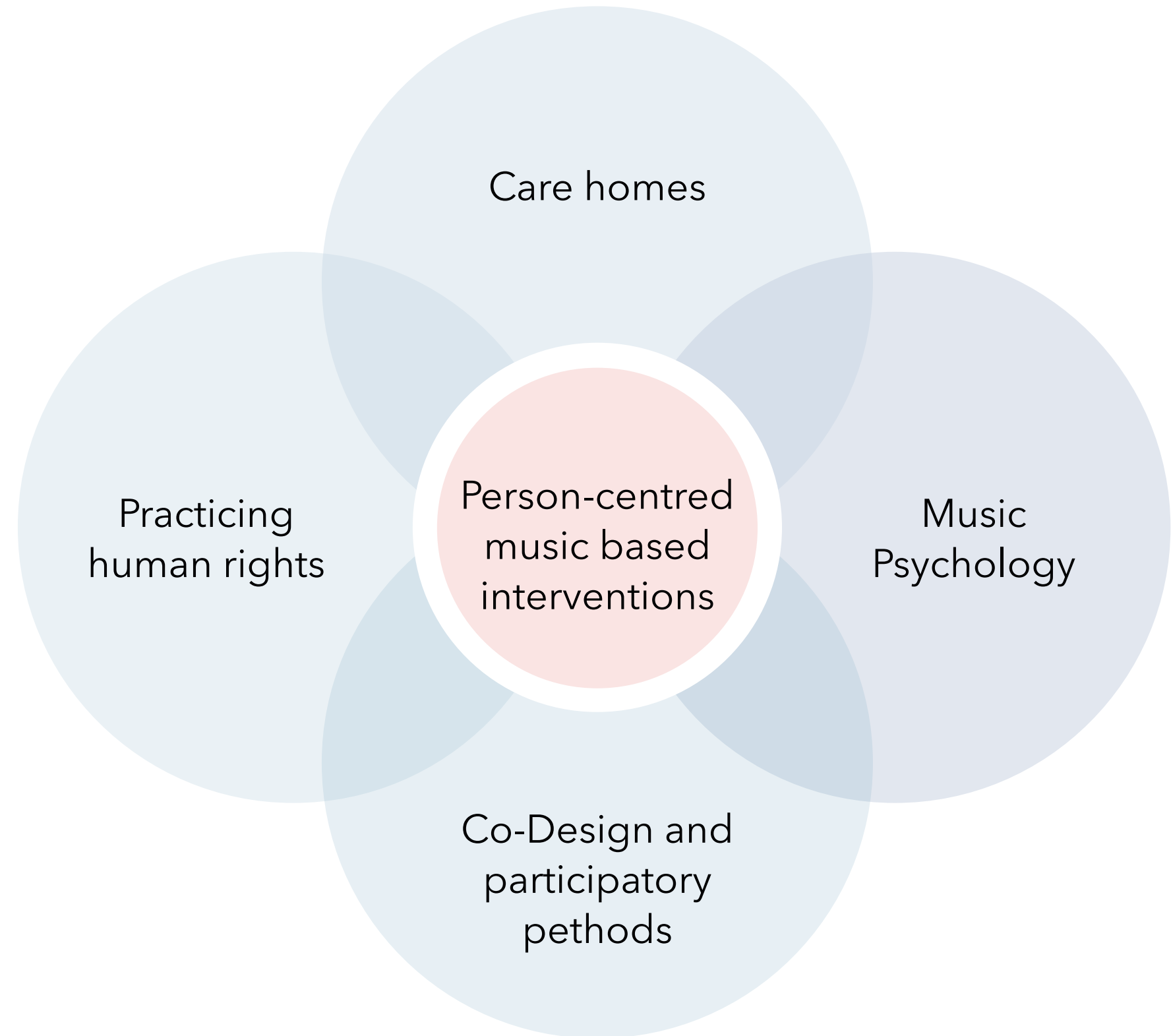
# Making music meaningful in care homes

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The Innovation School, The Glasgow School of Art



# Research context



# Research aims

The project aimed to employ a rights-based approach to redefine Anderson's and wider perceptions of 'care home' through co-design with residents, staff, families and the wider community.

'the development of music-based interventions that increase opportunities for social interaction among residents, carers and the wider community, enhancing wellbeing in the broadest sense.'



## Article 8 of the Human Rights Act

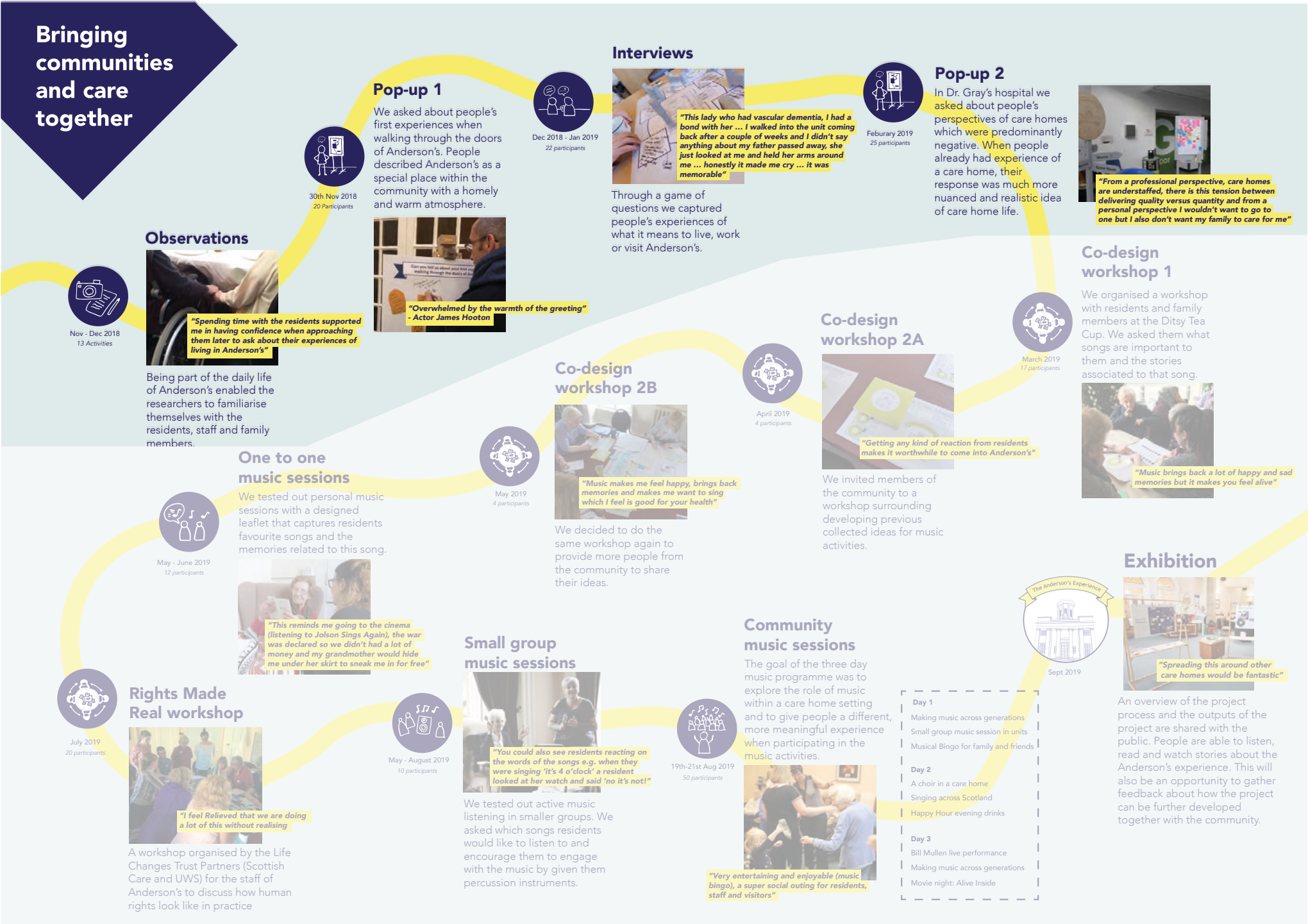
"The concept of private life also covers your right to develop your personal identity and to forge friendships and other relationships. This includes a right to participate in essential economic, social, cultural and leisure activities".



# Methodology: Co-design process



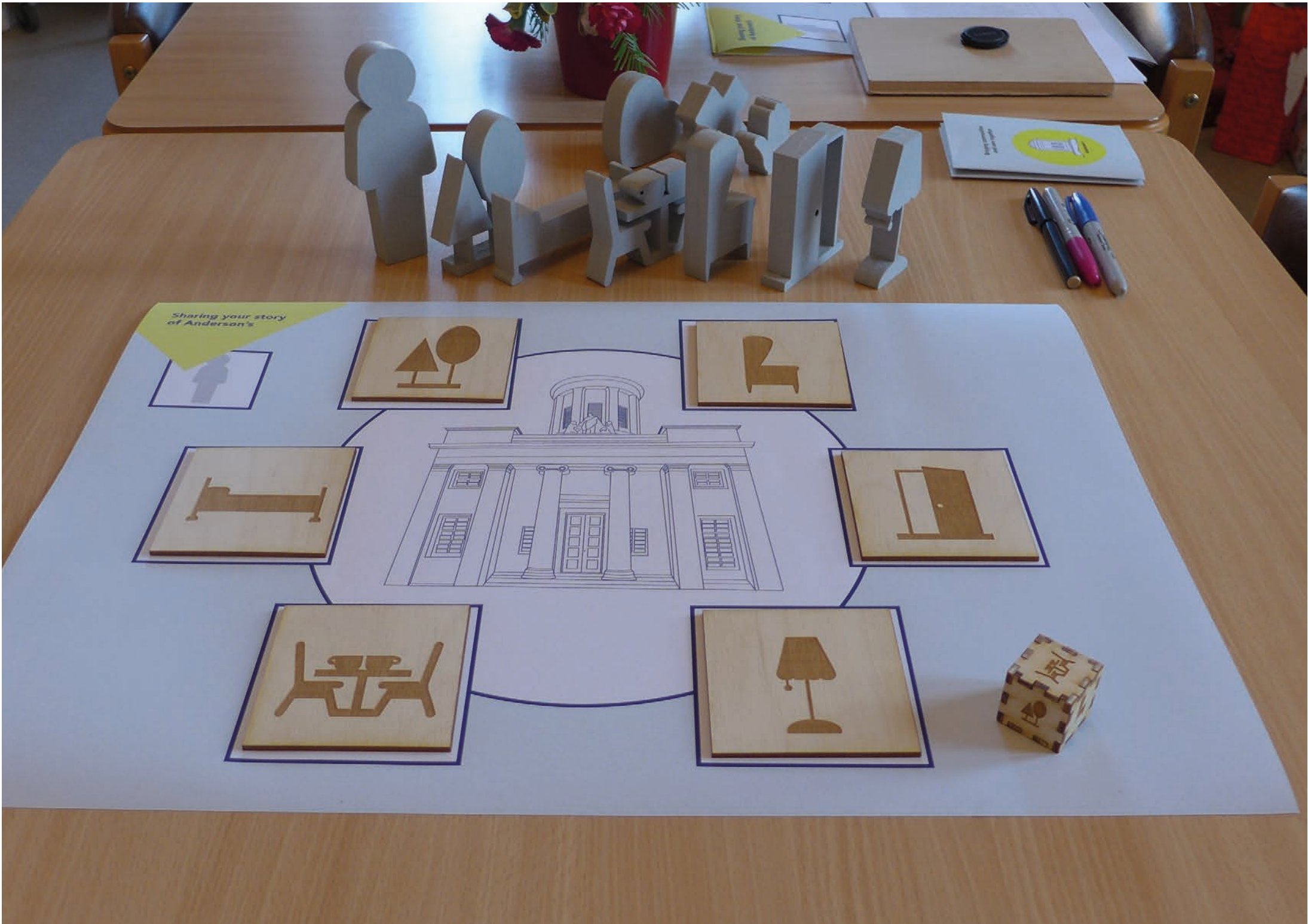
# Phase 1: Understanding the care home context



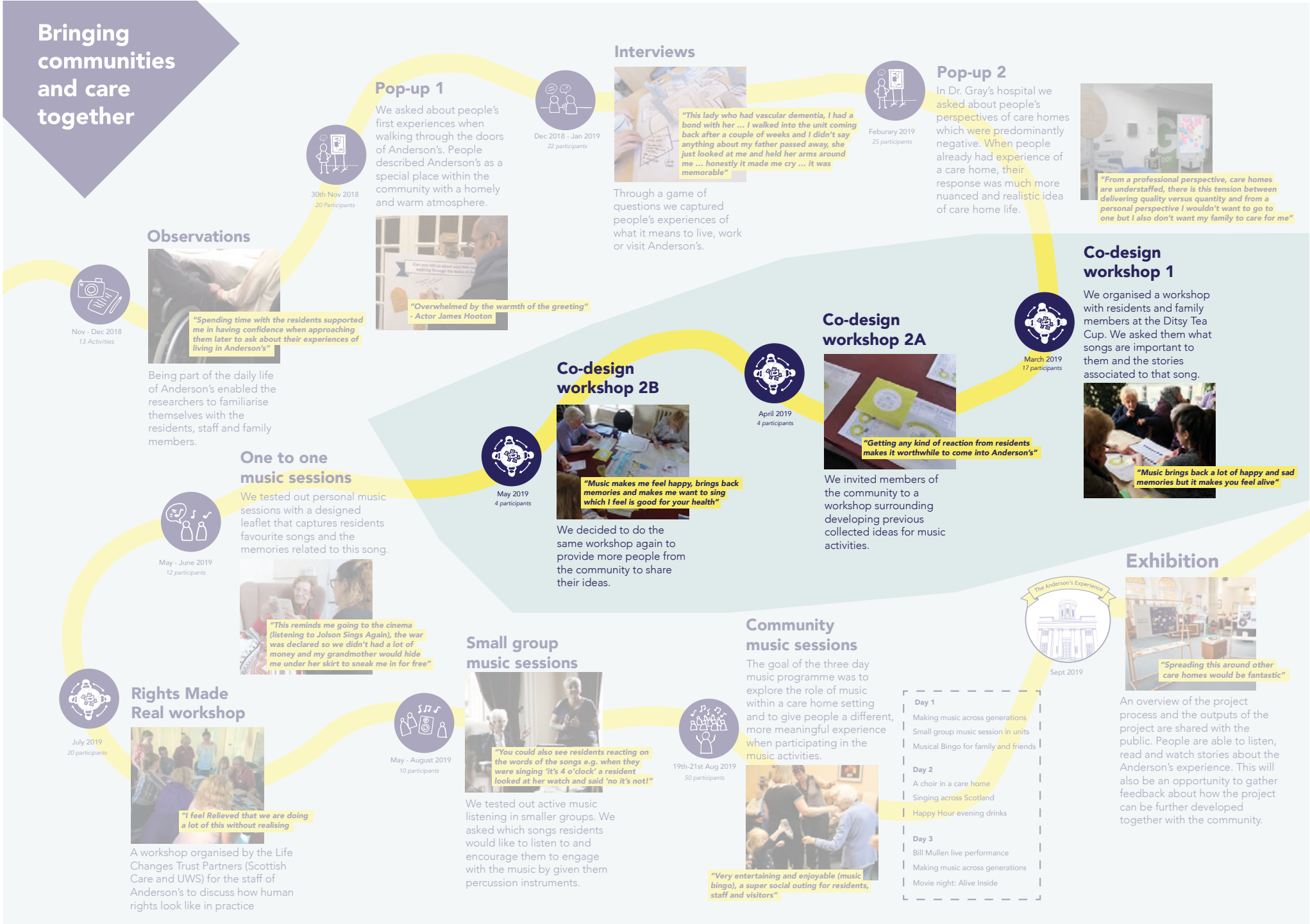


# Visual interview tool

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# Phase 2: Exploring music ideas





# Workshop engagement tools

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SCHOOL  
THE GLASGOW  
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# Phase 3: Prototyping music engagements



# Music sessions

From one to one to  
different group activities

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SCHOOL  
THE GLASGOW  
SCHOOL OF ART





# Video



## "Community Medley"

Exploring the role of music in Anderson's to enhance and develop more connections with the wider community.

# Findings

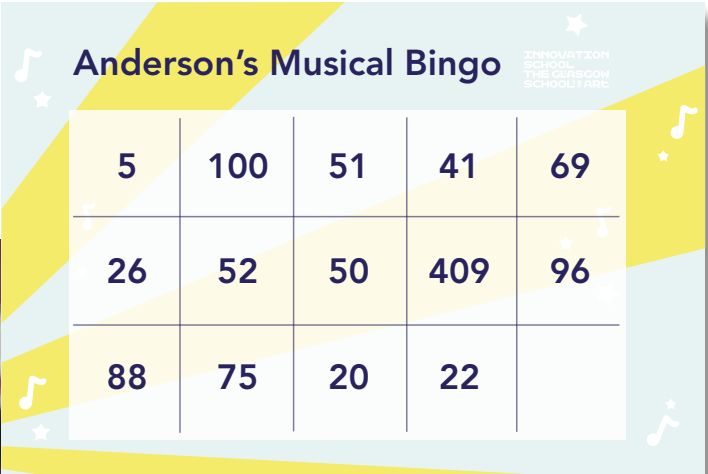
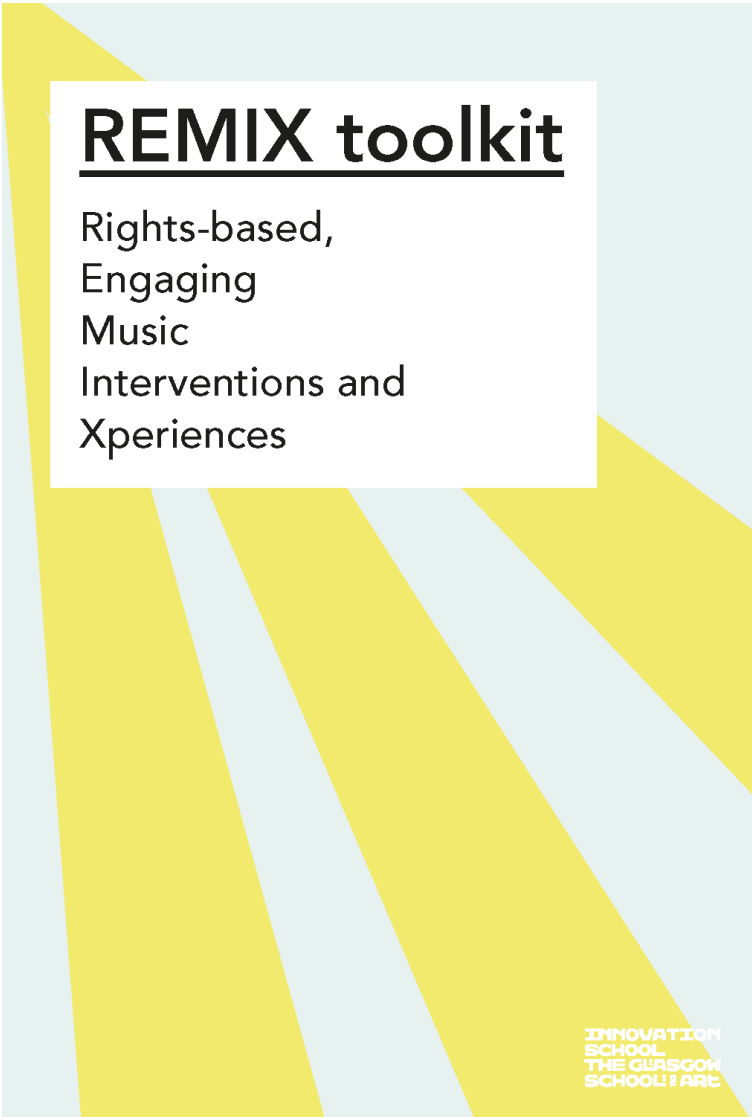
- Enjoyed by all
- The power of music
- Enhanced capacity for Anderson's staff
- New relationships with the care home
- Confidence to try new ideas
- The use of visual media
- The use of music
- Cultivating meaningful relationships
- A rights-based approach
- Relationships and perceptions
- Emergent indicators



*Album of Anderson's: visual artefact embodying residents' personally meaningful songs. Credit: Sean Fegan*



# REMIX - Music toolkit



# Implications

## Evaluating the outcomes

Testing and refining resources in the REMIX toolkit

## Extending opportunities

Tailoring and adapting resources for wider contexts and identifying opportunities to scale up

## Methodological opportunities

Employing co-design and participatory approaches in the development of music-based interventions





Development  
of music based  
activities

Strengthen  
existing  
community  
connections

"It was the most amazing thing  
I've ever seen, these headphones  
went on [...] that's when we  
realised that's what calms her"

- Senior Carer

Promoting positive  
perceptions about  
care home life

"We want to build real  
relationships [...] What can we  
bring to the residents?"

- Manager Nursery School

"It has raised our confidence  
level that we really want to do  
much more and to think out of  
the box a bit more"

- Care home manager



Twitter: @TaraLFrench and @YoniLefevre

# Thank you!

For more information about the project please visit the website:

[\*futurehealthandwellbeing.org/bringing-communities-and-care-together\*](https://futurehealthandwellbeing.org/bringing-communities-and-care-together)

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ANDERSON'S  
A VOLUNTARY SECTOR CARE HOME FOR OLDER PEOPLE

life  
changes  
trust  
Creating better lives.