# Making music meaningful in care homes

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## Research context

Care homes

Practicing human rights

Person-centred music based interventions

Music Psychology

Co-Design and participatory pethods



### 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.'



"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

**Bringing** communities and care together

#### Pop-up 1

We asked about people's first experiences when walking through the doors of Anderson's. People described Anderson's as a special place within the community with a homely and warm atmosphere.



#### **Interviews**

Dec 2018 - Jan 2019

Co-design

workshop 2B

We decided to do the

same workshop again to provide more people from

the community to share their ideas.

mories and makes me want to sing

#### "This lady who had vascular dementia, I had a bond with her ... I walked into the unit coming back after a couple of weeks and I didn't say anything about my father passed away, she just looked at me and held her arms around me ... honestly it made me cry ... it was

Through a game of questions we captured people's experiences of what it means to live, work or visit Anderson's.

Co-design

workshop 2A

the community to a

developing previous

workshop surrounding

collected ideas for music

In Dr. Gray's hospital we asked about people's perspectives of care homes which were predominantly negative. When people already had experience of a care home, their response was much more nuanced and realistic idea of care home life.

Pop-up 2



e understaffed, there is this tension between one but I also don't want my family to care for me"

#### Co-design workshop 1

We organised a workshop with residents and family members at the Ditsy Tea Cup. We asked them what songs are important to them and the stories associated to that song



**Exhibition** 

#### **Observations**



e in having confidence when approaching

Being part of the daily life researchers to familiarise themselves with the residents, staff and family

#### One to one music sessions



**Rights Made** 

A workshop organised by the Life

Anderson's to discuss how human rights look like in practice

Changes Trust Partners (Scottish

Care and UWS) for the staff of

We tested out personal music sessions with a designed leaflet that captures residents favourite songs and the



#### Small group music sessions



We tested out active music listening in smaller groups. We asked which songs residents would like to listen to and encourage them to engage

with the music by given them

percussion instruments.

### Community

The goal of the three day music programme was to explore the role of music within a care home setting and to give people a different nore meaningful experience when participating in the





### music sessions

Musical Bingo for family and friends

Day 2

Singing across Scotland

Happy Hour evening drinks

Bill Mullen live performan

Movie night: Alive Inside

Making music across generations

etting any kind of reaction from residents akes it worthwhile to come into Anderson's

Spreading this around other care homes would be fantastic"

An overview of the project process and the outputs of the project are shared with the public. People are able to listen, read and watch stories about the Anderson's experience. This will also be an opportunity to gather feedback about how the project can be further developed together with the community.

INNOVATION SCHOOL THE GLASGOW **SCHOOL! PARE** 

# Phase 1: Understanding the care home context





#### Pop-up 1

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#### **Interviews**

# "This lady who had vascular dementia, I had a bond with her ... I walked into the unit coming

back after a couple of weeks and I didn't say anything about my father passed away, she just looked at me and held her arms around me ... honestly it made me cry ... it was

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#### Pop-up 2

n Dr. Gray's hospital we asked about people's perspectives of care homes which were predominantly negative. When people already had experience of a care home, their response was much more



re understaffed, there is this tension between elivering quality versus quantity and from a

nuanced and realistic idea of care home life.

#### Co-design workshop 2A



the community to a workshop surrounding developing previous collected ideas for music

#### Co-design workshop 1

with residents and family Cup. We asked them what songs are important to



#### Co-design workshop 2B



We decided to do the same workshop again to provide more people from

### Small group



encourage them to engage

#### Community music sessions

music programme was to and to give people a differen



Singing across Scotland

#### **Exhibition**



project are shared with the public. People are able to lister read and watch stories about the Anderson's experience. This will also be an opportunity to gather feedback about how the project



**Rights Made** Real workshop

**Observations** 

Being part of the daily life

of Anderson's enabled the researchers to familiarise themselves with the residents, staff and family

> One to one music sessions

sessions with a designed

favourite songs and the

leaflet that captures residents



Anderson's to discuss how human rights look like in practice

asked which songs residents

# Visual interview tool

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# Phase 2: **Exploring** music ideas

**Bringing** communities and care together

#### Pop-up 1

walking through the doors of Anderson's. People described Anderson's as a

100



Co-design

workshop 2B

We decided to do the

same workshop again to

the community to share their ideas.

provide more people from

#### **Interviews**



Through a game of questions we captured



In Dr. Gray's hospital we perspectives of care home: response was much more

Pop-up 2



#### **Observations**



Being part of the daily life themselves with the

#### One to one music sessions



**Rights Made** 

Real workshop

Anderson's to discuss how human

rights look like in practice

sessions with a designed leaflet that captures residents favourite songs and the



#### Small group music sessions



asked which songs residents encourage them to engage

### workshop 2A

Co-design



Getting any kind of reaction from residents akes it worthwhile to come into Anderson's We invited members of

Singing across Scotland

Movie night: Alive Inside

-----

the community to a workshop surrounding developing previous collected ideas for music activities.

#### Co-design workshop 1

We organised a workshop with residents and family members at the Ditsy Tea Cup. We asked them what songs are important to them and the stories associated to that song



"Music brings back a lot of happy and sad

#### **Exhibition**



project are shared with the public. People are able to listen read and watch stories about the Anderson's experience. This will also be an opportunity to gather feedback about how the project

#### Community music sessions

Music makes me feel happy, brings back emories and makes me want to sing





music programme was to explore the role of music and to give people a differen



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# Workshop engagement tools

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# Phase 3: **Prototyping** music engagements



communities and care together

**Observations** 

Being part of the daily life

One to one music sessions

We tested out personal music

leaflet that captures residents

memories related to this song.

was declared so we didn't had a lot of

sessions with a designed

favourite songs and the

themselves with the residents, staff and famil

**Rights Made** 

Real workshop

Anderson's to discuss how human rights look like in practice

#### Pop-up 1

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#### **Interviews**



Through a game of questions we captured people's experiences of

response was much more

Pop-up 2



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#### Co-design workshop 1

Cup. We asked them what songs are important to



10.10

#### Co-design workshop 2B



same workshop again to provide more people from the community to share

### workshop 2A

Co-design



the community to a

Musical Bingo for family and friend

A choir in a care home

Singing across Scotland

Movie night: Alive Inside

Happy Hour evening drinks

workshop surrounding developing previous collected ideas for music

#### **Exhibition**



project are shared with the public. People are able to listen read and watch stories about the also be an opportunity to gather feedback about how the project

### Small group



vere singing 'it's 4 o'clock' a resident

We tested out active music listening in smaller groups. We asked which songs residents would like to listen to and encourage them to engage with the music by given them percussion instruments.



#### Community music sessions

The goal of the three day music programme was to explore the role of music within a care home setting and to give people a different more meaningful experience when participating in the

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### **Music sessions**

From one to one to different group activities

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# Video



# "Community Medley"

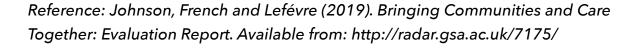
Exploring the role of music in Anderson's to enhance and develop more connections with the wider community.

# 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

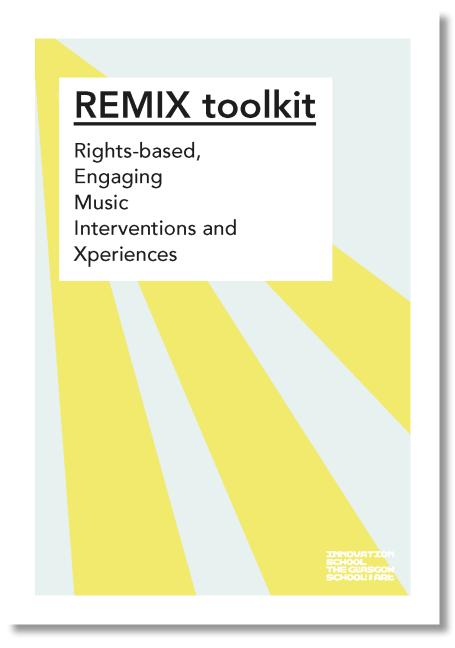


Album of Anderson's: visual artefact embodying residents' personally meaningful songs. Credit: Sean Fegan





# **REMIX - Music toolkit**









# Implications

Waluating the outcomes

Testing and refining resources in the REMIX toolkit

extending opportunition

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

Employing co-

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



## Thank you!

For more information about the project please visit the website:

futurehealthandwellbeing.org/bringing-communities-and-care-together

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