

Listening to Music Activity

RESIDENT IDENTIFIED LISTENING TO MUSIC AS A PREFERENCE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices

- Wipes

- Device to play music
 - tablet, such as an iPad
 - radio
 - computer or laptop
 - iPhone or iPod
 - tape / cassette player

- Headphones

- Feeling Faces Emotion Assessment form

Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What do you like about music?
- Do you have a favorite type of music?
 - Why is it your favorite?

Activity-related Questions:

- How do you feel when you listen to this song?
 - What do you like about this song?
- What do you remember about this song?
- Did you ever dance to this song? Where? With whom?
- Does this song remind you of a special person in your life? A special time? (like a wedding, birth of a child, etc.)

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know music is important to you. Would you like me to help you listen to music?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident what type of device they would like to listen to music on. Only offer the available options.

- » Say: "Would you like to listen to music on the radio, cassette player, iPod, etc.?"
- » Variation: If the resident is unable to decide on a device to listen to, pick one that aligns with their preferences.

[CHOICE] Ask the resident what type of music they would like to listen to. Offer the available options based on their choice.

- » Say: "What type of music would you like to listen to?" (list examples: classical, instrumental, jazz, country, etc.)
- » Variation: If the resident is unable to decide on a type of music, pick one that aligns with their preferences.

Activity Instructions continued

[BEGIN] Begin listening to music with the resident.

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "I can see you're enjoying the music!" or "You've got great rhythm!"
- » Do: Smile and nod.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, if needed.

- » Say: "I will be here if you need any help."
- » Do: Listen with the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice, and continue to encourage them to listen to the music.

* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **hear** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

- » **Hear:** Encourage the resident to listen to the music. Describe it together.
"Do you hear the music? What does it sound like? Does it remind you of anything?"

- » **Hear:** Encourage the resident to listen to the music and sing or to try and keep the rhythm.
 - » SING or HUM along with the song
 - » CLAP their hands in time to the music
 - » MOVE with the music (do so yourself and encourage the resident to follow your example), or
 - » DANCE with you! Dancing can mean swinging the arms, moving the wheelchair in time with the music, tapping feet, etc.

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about listening to music today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

