

Music: Your Partner In Caregiving

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- I. Foundations
 - a. Music is processed globally
 - i. Physiology
 - ii. Memories
 - 1. Location
 - iii. Emotion
 - 1. Associated with memories
 - 2. Influenced by musical coloring
 - iv. Music Elements
 - 1. Pitch
 - 2. Timbre
 - 3. Rhythm
- II. Applications
 - a. Emotional
 - i. Preferred
 - ii. Personal connection
 - iii. Entrainment (ISO Principle)
 - b. Physical
 - i. Entrainment – gait, exercise
 - ii. Pain
 - iii. Lung capacity
 - c. Cognitive
 - i. Location
 - ii. Arousal
 - iii. Gauged
 - iv. Success
 - v. Creativity
 - vi. Choice
 - d. Social –CONNECTION:
 - i. Listening
 - ii. Singing
 - iii. Touch
 - iv. Movement
 - v. Sharing
 - e. Spiritual
 - i. Expression
 - ii. Support
 - iii. Affirming
 - iv. Comfort

- f. Case Study: Caregiver Singing with Resistance To Care
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- III. Playlist Basics
 - a. Pandora
 - b. Spotify
 - c. YouTube
 - d. Written list of songs for singing
 - e. Slow to fast, fast to slow, variety

Resources

MEDrhythms.com – rehabilitation /gait/ aphasia

<https://www.youtube.com/watch?v=fbDKHGg9upQ>

<https://www.youtube.com/watch?v=EK5qqYYxjn4>

<https://www.youtube.com/watch?v=c-EWS9mWq2I>

musictherapy.org (American Music Therapy Association)

Guidelines for safe music listening:

https://www.musictherapy.org/research/guidance_for_music_listening_programs/

Playlist Creation

<https://www.jenniferbuchanan.ca/create-purposeful-playlists/>

References

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