



Music and Memory – well-loved music improves lives

The Music and Memory Program is an exciting program for people experiencing Alzheimer's or another dementia and their caregivers. It uses music tailored to each person to enhance their memory, mood and communication.

MUSIC & MEMORYSM was created by Dan Cohen, MSW, and is based on thorough neuroscience research. Since its inception, MUSIC & MEMORYSM has received national recognition, including the prestigious Audience Award from the 2014 Sundance Film Festival for the documentary "Alive Inside". Documented research benefits of this program also include decreasing medication use by decreasing agitation, depression and restlessness and also enhancing engagement and socialization.

The ADRC of Ozaukee County is offering this program to individuals living at home in Ozaukee County!

We will provide you with all the equipment needed including headphones, a charger and an iPod with a personalized music playlist for them to enjoy. Response has been great from people with and caregivers alike in how enjoyable it is! People report it improves relaxation, stimulates positive memories and interactions and helps get through what had been harder times of the day.

Requirements for someone to participate in this no cost community program are that they need to:

- Be a resident of Ozaukee County
- Have a diagnosis of Alzheimer's or some type of dementia
- Live in the community (apartment, condo or private home) with a family caregiver
- Willing to work with an ADRC staff member and volunteer to develop a playlist and participate in 2 home visits



For more information please contact Sarah Prohuska, Dementia Care Specialist at the ADRC of Ozaukee County at (262) 284-8120.

