Welcome

Give a typical welcome, as you would any other audience, telling about the activity and giving practical advice on toilets and so on. In our case, we had a trained facilitator for the meditation part.

Target group

Everyone can participate in this activity, no matter what stage of dementia they are in.

Supervisors

There is no need for any special staff, although it is an advantage to create an appropriate playlist. In our case, we used a trained facilitator for the meditation part.

Objective

The purpose of this activity is to recreate the idea of focusing on listening to music. As a method of achieving this, the activity was initiated with meditation.

Group size

Smaller groups are always recommended for people living with dementia.

Music & Meditation

Niels Mark

We use meditation as a method of focused and concentrated listening and relaxation.

Duration

The activity took place in the late afternoon, but the duration and time are very flexible. In our case, it lasted 80 minutes.

Tips

Keep a logbook of each activity is a good idea for reflection and to improve the activities.

Materials

A printed list of used music and optional recommendations for a relaxing music experience can be used for distribution.

Facilities

A music system and speakers or a laptop with an external speaker. Chairs and / or mattresses. If possible; supplement with moodcreating light.

Goodbye

A printed list of used music and optional recommendations for a relaxing music experience can be used as a distribution.

