SingFit PRIME™ Final Report
Front Porch Center for Innovation and Wellbeing
September 2014
Prepared by Julie Santos and Davis Park

front porch | CENTER FOR INNOVATION AND WELLBEING

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Acknowledgements

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Project Summary

The Front Porch Center for Innovation and Wellbeing evaluated SingFit PRIME™ at **Claremont Manor Retirement Community** to residents in Assisted Living and Summer House for an 8-week period in all levels of care to test for usability and effectiveness.
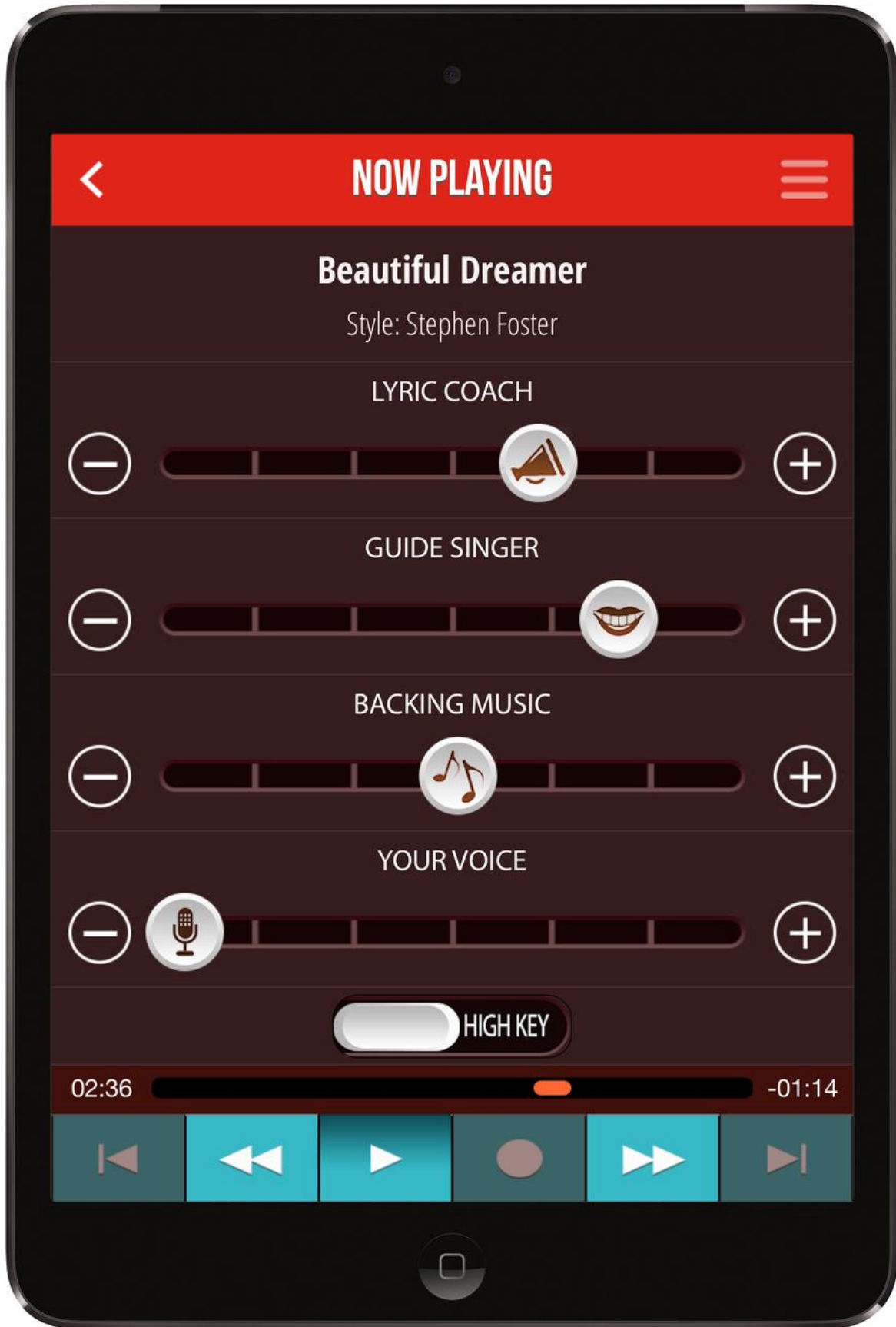
By evaluating the Singfit PRIME™ program and its impact on residents and staff, the project goals were to achieve the following:
- Determine if SingFit PRIME™ helps address cognitive and memory challenges
- Assess whether SingFit PRIME™ improves social interaction, engagement, and well-being
- Evaluate the SingFit PRIME™ material for its relevance, effectiveness and ease of use
- Gauge the amount of resources required to train the staff and sustain the program

Over the course of 8 weeks, SingFit PRIME™ sessions were very effective in Memory Care and Assisted Living residents. Using a modified facial grimace scale to measure the impact of SingFit PRIME™, we found that moods improved, memories were revived, and residents were more socially open with the people around them. Though SingFit PRIME™was less effective among independent living seniors, staff noted increased levels of engagement among assisted living residents, and more so with those in memory care. Staff members also indicated that through these SingFit PRIME™ sessions, they were able to better get to know their residents on a deeper and personal level.

Vendor and Project Background

SingFit PRIME™ is a program created by Musical Health Technologies (http://www.singfit.com) which is designed to stimulate cognition and physical movement for all-body and mind workout. SingFit PRIME™ uses the SingFit PRIME™ application which is available on iTunes and can be used on all Apple devices. SingFit PRIME™ is headed by a brother/sister team, Rachel Francine and Andy Tubman. Tubman is a board certified music therapist and Francine has a background working in internet, technology, and new media.

NOW PLAYING

Beautiful Dreamer

Style: Stephen Foster

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Figure 1 SingFit PRIME™ Application is available on all iOs devices.

The SingFit PRIME™ application does not require seeing and reading lyrics or even recognizing the song because SingFit PRIME™'s main feature is its patented Lyric Coach, a tool used to prompt the words of the song to the singer before it needs to be sung.

Studies show that participants that sing in groups have significant improvement in sociability, increase in positive mood, and overall improvement in quality of life[1]. SingFit PRIME™ also incorporates physical movement and trivia to make it a full body and mind activity.

The SingFit PRIME™ program includes:
- **SingFit PRIME™ kit -** Each SingFit PRIME™ kit comes with a set of themed 12 playlists featuring per quarter which feature music therapist designed scripts that include trivia, reminisce questions as well as choreographed movements., props (scarves, bandanas, egg shakers), and a SingFit PRIME™ Operations Playbook.
- **Training** – When a community decides to implement SingFit PRIME™, SingFit PRIME™ trainers, who are certified music therapists, will come to the community to train staff (up to 3 people per community). Depending on how the staff wants to use SingFit PRIME™, training is a full day (8-hour) for facilitating in group sessions and/or a half-day (4-hour) for facilitating one-on-one sessions.
- **Ongoing training and support** – The SingFit PRIME™ support team includes a certified music therapist and can help address the goals and challenges of each community to maximize the use of the SingFit PRIME™ program. SingFit PRIME™ also hosts quarterly webinars where SingFit PRIME™ facilitators from different communities come together to receive ongoing training and share their experiences with the program as well as provide and get feedback from on of SingFit PRIME™'s certified music therapists

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[1] "Music therapy in moderate and severe dementia of Alzheimer's type: A case-control study" Svansdottir, H.B. and Snaedal, J. (2006)

> **Flexibility -** Communities can host unlimited SingFit sessions of up to 15 people in a group session or one-on-one setting. Sessions can be facilitated by in-house staff who have gone through official SingFit PRIME™ training and have been certified by the SingFit PRIME™ team.

The average age of the residents at Claremont Manor is 89 years old. FPCIW evaluated Singfit PRIME™ residents with different levels of care in Assisted Living, Summer House, and Independent Living. The staff who facilitated SingFit PRIME™ were Donna George, Miranda Gibbons, and Kim McEntire.

Program Structure and Engagement

SingFit PRIME™ has a set of themed playlists which consists of a list of songs that corresponded to a theme. Playlists would be organized into genres such as *Patriotic* and *Crooners* or thematic playlists such *as Colors, Hopeful,* and *Sweethearts*.

The way SingFit PRIME™ is structured is that it begins with an introduction to each playlist then followed by a set of eight (plus two alternate) songs, and an outro.

<u>Support and Training</u>

SingFit PRIME™ provided one-day, on-site training at Claremont Manor lead by music therapists, Andy Tubman and Alicia Ramirez. The one-day training consisted of:
- Using the application
- Best SingFit PRIME™ practices
- Engagement tips – how to sustain resident engagement and/or how to engage the resident.
- Basic conducting movements
- Facilitators do a practice session with their population. Andy and Alicia gave residents their feedback.
- Provided an Operations Playbook for facilitators to reference.

There were weekly calls with SingFit PRIME™ and Claremont Manor to address any issues and challenges they came across. SingFit PRIME™ provided Claremont

Manor suggestions and tips on how to keep residents engaged. Claremont Manor shared some of the experiences of SingFit PRIME™.

There were also once-a-month webinars where various communities and senior care centers across the U.S. would meet. SingFit PRIME™ would introduce new upcoming playlists, new choreographed movement, and allowed other communities to share their experiences with SingFit PRIME™ and exchanged their ideas to what they have done to their program.

FPCIW provided support to Claremont Manor staff by reporting any issues to the SingFit team shared video footage of SingFit PRIME™ sessions for the SingFit team to provide feedback, and other initial support such as setting up equipment (speakers, iPad, and accounts).

Project Evaluation

Staff

FPCIW did a baseline survey with the staff asking them of their goals and expectations, in terms of gauging the amount time, staff, and other resources it would take to implement the SingFit PRIME™ program.

When asked about what goals they would like to achieve with SingFit PRIME™ they said:
- Tap into memory and bring residents together.
- To brighten up the day of my residents.

Staff expressed initial interested in SingFit PRIME™ because of its innovative program approach, and to provide an activity that helps bring people together.

Residents

Summer House and Assited Living residents did not fill out a survey about their feedback and expectations on SingFit PRIME™. Instead facilitators filled out a modified mood scale using the Wong-Baker Facial Grimace Scale (see figure below) to see how SingFit PRIME™ sessions impacted the residents whether it would be after one session or overtime. The evaluation also helped the facilitators

gauge whether a playlist was well received or not with their respective populations.

Figure 2: The Wong-Baker scale depicts 6 faces along a numerical scale ranging from 0 to ten. <u>Zero on the scale is represented as a happy face, while ten is represented as a crying, grimace face</u>. Though the Wong-Baker Facial Grimace Scale is usually a scale to measure pain, we asked the facilitators choose to choose a face that best represents the resident's mood before and after a Singfit PRIME™ session.

The facilitators used the form from Figure 3 by listing any 5 residents from the session that day—usually they listed the first 5 residents who walked in. Facilitators wrote a number from the scale corresponding the face that best represents how the resident was feeling at two different moments of time: before a SingFit PRIME™ session (baseline mood) and after a SingFit PRIME™ session (follow-up mood). The mood scale was designed for the facilitator to be candid about the resident(s) and session at these moments.

FPCIW collected mood scale data over the course of the 8 week pilot from Summer House and Assisted Living. A lower score represents a positive mood, whereas a higher score reflects depression/withdrawal.

	Pre-SingFit (baseline)	Post-SingFit	Change
Summer House	3.26	1.45	-1.81
Assisted Living	2.00	.38	-1.62
Independent Living	3.67	2.43	-1.24

Table 1. SingFit PRIME™ Mood Scale Changes

In Summer House, there was an average of a 1.81 point drop difference, where the average baseline mood of 3.26 and average follow-up mood dropped to 1.45 out of 10 points on the scale. In Assisted Living, the average there was an average of 1.62 point drop difference, where the average baseline mood of 2 and average follow-up mood dropped to an average of 0.38. For the two weeks of mood scales that were collected from Indpendent Living, there was a 1.24 point drop with average baseline being 3.67 and an average follow-up mood point of 2.43. Across the three populations, it is clear that moods improved between 1-2 points after each SingFit PRIME™ session.

Facilitators also filled out comments in the "Notes" column of the sheet to mention anything worth noting during the sessions whether it would be about one resident or the session overall. These notes provided a log for the facilitators to also find out which playlists worked well (or not well) with their respective population. Highlights of these of these notes were:

- "KC was able to do movement and sing at the same time today – big improvement." (Summer House Session 04/29/14, *Movies and Shows*)
- "[TY is] very needy, has to have lots of attention." (Summer House session 04/20/14, *Movies and Shows*)
- "They enjoyed this class a lot. Engagement was much better when Nora (CNA) joined. Great session." (Summer House session 06/03/14, *Crooners*)
- "[CW] is getting more familiar and more open to do everything. Able to verbalize." (Summer House session 06/21/14, *Patriotic II*)

- "This playlist (*Female Lead*) has lots of songs from the 60's which they don't know. They quickly lost interest." (Assisted Living session 05/27/14, *Female Lead*)
- "They loved this playlist. It brought back the most wonderful memories for them." (Assisted Living Session 06/04/14, *Hopeful*)
- "I used small American Flags instead of the scarves. They loved it." (Assisted Living session 06/14/14, *Patriotic II*)

Another important finding worth noting were the residents' ability to maintain their cognitive abilities. From observation, in the first week of the SingFit PRIME™ program at Summer House it was very difficult to get the residents to sing or answer the trivia questions. Towards the end of the pilot, there were improvements such as being able to answer trivia questions, remembering song titles and/or lyrics, completing song lyrics, and being able to recall a personal memory. Examples to mention:

- CW, a Summer House resident – In the beginning of the program, she could not speak clearly when answering trivia questions. Towards the end of the pilot, she was able to complete parts of a song lyric, moved more to the songs, and spoke more coherently. FH, Summer House resident – When SingFit first started, FH barely sang and barely engaged in the group. From a session Julie attended, before the group sang "Home On the Range", Donna asked "if anyone was from the Midwest?" FH mentioned she grew up the Midwest, in fact she said she grew up in Kansas.

In the SingFit PRIME™ program, a lot of the songs are recycled and reused in multiple playlists, i.e. the song, "America the Beautiful" appears in the *Journeys, Colors, and Patriotic* Playlists. Claremont Manor held sessions a minimum 2 times per week which was beneficial for the residents as they learned, practiced, and became more familiar with the program structure, song lyrics, and trivia.

Issues/Challenges

Props – Donna found the props for Summer House to be distracting and it was a struggle for Donna to sustain their engagement. For example, when one of the residents was given the scarf prop, she would stop singing and moving along to

the song and would instead fold a scarf. Residents around her would also follow along and stop singing and moving to the session. *Donna took away the props for SingFit sessions in Summer House because they were distracting. She said the sessions have gotten better and would like to focus on having the residents become more engaged and focus more on movement. Donna will eventually re-introduce props to the SingFit session.*

Adjustments for residents in Independent Living –SingFit PRIME™ was tested with residents in Independent Living. In the first session, Kim introduced SingFit PRIME™ and followed the protocol of using props, movement, and trivia. The residents' feedback was that the props and choreographed movements were not appropriate for their population. *In the following session, Kim modified the SingFit session by removing props and choreographed movements and focused more on trivia, self-disclosure questions, and reminiscing. Because of this, the response was much better.*

Playlists – Not all playlists were well-liked equally across different levels of care. For example, the *Hopeful* Playlist from the Summer 2014 quarter contained songs from 1930s and it was well-received in Summer House and Assisted Living because residents grew up listening to those songs. According to the notes in the mood scale, Miranda wrote "[Assisted Living residents] loved this playlist (*Hopeful)*. It brought back the most wonderful memories for them." However, when Kim played the *Hopeful* Playlist to Independent Living, residents responded that they did not like the music because they were too young to like or remember the song.

Another example of playlists not being well-received was the *Legends* playlist with the residents in Assisted Living because it contained a lot of Elvis songs – which they may have been too old to like or appreciate. Because of this, Assisted Living residents were less engaged with that session.

We learned that it is important for the facilitator to consider their population and find songs that work well for the group. Use alternate songs or even swap songs from other playlists if necessary.

Based on this feedback, the SingFit PRIME™ playlists have been updated to include a population recommendation system for which playlists will likely be

most popular with residents based on song eras and difficulty. Currently SingFit best practices include frequency depending level of care: Up to 14 times a week on Memory Care, 3 to 7 times a week in AL (depending on the group make up) and twice a week in IL.

Trivia - Most of Miranda's Assisted Living residents who participated were low cognition and found some of the level one trivia difficult. This issue also applies to the Summer House residents as well. *Answering trivia questions may require some repetition and practice. In the meantime, feed the answer with fill-in-the-blanks such as "Tony Bennett's signature song is 'I Left My Heart in San…'"* *(Answer: Francisco).*

Post Assessment

FPCIW distributed surveys and had a focus group to get feedback from Donna, Miranda, and Kim. The staff said they dedicated less than 3 hours to the SingFit PRIME™ project which includes staff training, outreach, and facilitating sessions which was less than anticipated.

What they most liked about SingFit PRIME™:
- The program was easy to use and navigate
- Residents became more engaged and were more socially open with each other
- Getting to learn about the residents on a personal level
- Gets residents who normally do not participate in activities are participating

What they least liked about SingFit PRIME™:
- Songs were recycled and were on multiple playlists
- Lack of visuals tools – Donna wished to see SingFit PRIME™ provide more visuals for lower functioning populations

According to staff interviews, even though SingFit PRIME™ provided the lesson plans, the facilitators still needed to make some modifications to tailor the singalong activities for the residents. An example of these adjustments included Kim taking out props, choreographing movements and focusing more on trivia

and reminiscing for the Independent Living group; similarly, Donna provided more photos instead of trivia to Summer House residents for during SingFit PRIME™ discussion sessions.

Conclusion

Residents in Assisted Living and Summer House experienced positive cognitive benefits in the following ways: displayed elevated moods at the end of the session, recalled and shared a personal memory associated with the song, showed ability to multi-task by singing and moving simultaneously, recalled and completed lyrics to a song, and increased ability to speak more clearly.

The staff saw the benefits of the program and foresees a long term vision to use SingFit PRIME™ at the care center and hold one-on-one sessions with residents. Donna and Miranda would like to use SingFit PRIME™ every day at Assisted Living and Summer House to continue the momentum of benefits SingFit PRIME™ has provided for the residents such as memory recall, social engagement, and for some residents, speech verbalization.