



CENTER FOR INNOVATION
AND WELLBEING

Music and Memory
Case Study



Enhancing memory through music.

[Music and MemorySM](#) is based on a very simple idea that uses a common technology product to transform lives and experiences – creating and playing personalized playlists through portable digital music devices. Music and MemorySM has proven to vastly improve the quality of life of people living with dementia and other cognitive challenges. Through the use of inexpensive, portable digital music players (iPods) and individualized playlists created through

the Music and MemorySM program, caregivers are provided with an effective and powerful tool to engage people facing cognitive challenges in a meaningful way.

The Front Porch Center for Innovation and Wellbeing (FPCIW) partnered with Music and MemorySM, a non-profit organization, to test the program at [Villa Gardens Retirement Community](#) and [St. Barnabas Senior Services](#). Over a period of four weeks, FPCIW measured the program's impact on residents and caregiver staff and noted visible improvements in overall wellbeing and found that ...

- Overall mood improvement between 31% to 46%
- 66.7% of caregivers reported that the program was substantially effective in reducing and easing pain for the individuals
- 57.1% of caregivers observed it was effective in reducing disruptive verbal/physical behavior, replaced with better moods
- Staff reported participants who were typically socially withdrawn were more alert and socially engaged

The feedback and results from our pilot observations were compelling. Caregivers unanimously reported that the intervention increased the quality of life and care delivery

for people in this program. The research results at St. Barnabas and Villa Gardens prompted Front Porch to deploy the Music and MemorySM program to additional communities including [Sunny View](#), [Claremont Manor](#), [Villa Gardens](#), [Walnut Village](#), [Carlsbad By The Sea](#), [Wesley Palms](#), and [Fredericka Manor](#).

Read the [CIW report](#) on this pilot.

Browse our [Music and MemorySM photo gallery](#).

[Watch a video about Music and MemorySM](#).

About the Front Porch Center for Innovation and Wellbeing

The Front Porch Center for Innovation and Wellbeing is part of Front Porch[®], one of Southern California's largest not-for-profit providers of retirement living communities and affordable housing. The Front Porch Center for Innovation and Wellbeing strives to harness technology solutions that support and enhance wellbeing in older adults. The Front Porch Center's core initiatives focus on how technology can: assist in maintaining brain health; enhance social connectedness; promote engagement and growth; empower control over health and wellness; prevent emergencies or serious events; and increase resources and support for formal and informal caregivers. The Front Porch Center for Innovation and Wellbeing is a signature program of Front Porch's Humanly Possible[®] commitment to doing everything humanly possible to creatively meet the needs of those we serve today and in the future. The Front Porch Center is the winner of the Bronze Award for the Dignity category in the 2015 McKnight's Technology Awards and the Aging 2.0 Pilot Pioneers 2015 Innovation Award. More information can be found at www.fpciw.org.

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