



CENTER FOR INNOVATION AND WELLBEING

SingFit Case Study



How we're exercising our mind, body and soul through music.

[SingFit PRIME™](#) is a program created by certified music therapists designed to stimulate cognition and physical movement for an all-body and mind workout. This program can be applied to group and one-on-one settings.

The SingFit PRIME™ application, available on the iPad and other iOS devices, does not require seeing and reading lyrics or even recognizing the song

because SingFit PRIME™'s main feature is its patented Lyric Coach that provides lyrical cues, thus eliminating the need for people to memorize or read the lyrics to a song—think of it as an audible *karaoke* song.

In 2014, the Front Porch Center for Innovation and Wellbeing (FPCIW) evaluated SingFit PRIME™ at the [Summer House at Claremont Manor](#) and Assisted Living for eight weeks. Over the course of the pilot, FPCIW measured the program's impact and effectiveness and found that residents ...

- Showed visibly improved, happier moods at the end of each session by up to 81%
- Demonstrated high participation and engagement during session activities
- Were able to recall a memory associated with a song
- Were more socially open with each other

SingFit PRIME™ activity sessions allowed staff members to better connect with and learn about their residents on a personal level. Due to the exciting pilot results, Claremont Manor continues to use SingFit PRIME™ in all levels of care. Three

additional Front Porch retirement communities are now using the program including [Kingsley Manor](#), [Villa Gardens](#) and [Vista del Monte](#).

Read the CIW's [Final Report](#) about SingFit PRIME™.

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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