

How to Use the Musicking for Now Playlist of the Month

The Musicking for Now Playlists of the Month are specially designed to ease the onset of agitation in dementia.

How? By following what is called the "Iso Principle" in Music Therapy, which means that we use music that matches the energy state of the person, help the person connect to the music, then change the music.

For our purposes, the songs are ordered from fastest, most energetic, to slowest and most calming. As your person gets connected to the music, they will follow the change in energy level. As the music slows down and becomes more calm, your person will likely relax, become more calm, and more in touch with what is going on around them.

Step 1: Pick a playlist that best matches your person's preferred music. While any music that is gentle can have a calming effect, music that is familiar catches our attention.

Step 2: Start with the song in the playlist that best matches the energy level of your person in that moment. Some days are "At the Hop" by Danny and the Juniors days and others are "My Girl" by the Temptations.

Step 3: Engage your person in the music. Invite your person to listen the music with you. Help them focus on the music by taking their hands and gently moving them to the beat if they are okay with touch, by singing and making eye contact with them, or by commenting on the music: "This is one of your favorites," or "What do you think about this?"

Tips for success:

- Use the playlist 3 times per week to daily.
- Play the music about 30 minutes before agitation usually begins.

Special notes

- If your person usually likes listening to music but becomes more agitated when you play the music, skip to a slower song. If agitation does not ease, stop the music and try to determine if your person is feeling pain or is experiencing hunger/thirst, or needs to go to the bathroom.
- Some people do not tolerate headphones or earbuds, so you may need a small speaker.
- You may find that the music works better with repetition. Use the playlist at least 3 times a week.

I am here to help: attunedmusictherapyllc@gmail.com