



MOVEMENT TO MUSIC PROGRAM

Movement to Music is a great way for the residents to express themselves freely, and to be social without needing to say anything verbally. Music and dance can be a beautiful way to support physical, emotional, cognitive and spiritual wellbeing to our residents.

Diversional Therapy Association
Award for Excellence Submission

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Executive Summary

Background

Corumbene is a community-established Aged Care Services provider based in New Norfolk, Tasmania. Corumbene has 82 beds and 6 assisted living units within our residential facility, and delivers home care services to approximately 90 clients across a delivery footprint that spans the rural Derwent Valley, Central Highlands and Southern Midlands. Corumbene has a unique place in the community as generations of families have either worked for Corumbene and/or have become residents.

Abstract

Movement to Music has been a prominent program operating continuously for the past 23 years at Corumbene. The original concept was to engage residents in a sing-a-long program to assist in minimising social isolation and providing a pleasurable pastime activity. Movement to Music has evolved into a sophisticated program, meeting the emerging changes of the individual and group needs providing innovative ways in which the residents can move that works for their body and mind allowing them to explore possibilities and working through challenges to celebrate wellness through leisure.

Aim

To grow and develop a customised program which incorporates the philosophy of movement and music into everyday activities, meeting individuality, and the sense of being part of a community.

Method

The program uses a combination of music therapy which includes listening to music, playing musical instruments and the use of familiar or favourite music and song which often promotes reminiscence and the freedom to express through movement.

Familiarity and consistency is important when working with people with dementia, hence residents need to arrive at the venue together at the same time and receive an individualised greeting. In the background lead in music which is the same is played at every session, during this time the residents are seated to meet their personality, personal space requirements, and preferences.

Resident's participation is integral to the activity as everyone works together and supports each other to achieve their personal aims. The music has been selected by the residents which is familiar to them promoting reminiscence and singing to occur.

The movement component is designed as a chair based activity ensuring equality amongst all residents. The combination of rhythmic music and a multi-sensory approach to encourage residents to movement that works for their body and mind.

Results

Resident's participation rate has been consistent over the past 23 years, especially through the challenging time during the transitional move from the old Corumbene to the new Corumbene site. This was due to the familiarity along with the strong social aspects of the program. It also offered new residents a leisure activity which meets individuality, and the sense of being part of a community.

By the implementation of a multi-sensory approach, humour, charades (communication tool) chair based exercise and reminiscing this collectively enhancing the resident's experiences resulting in emotional fulfilment.

Anecdotally – the residents express total trust, freedom to express themselves and have a sense of accomplishment inviting a deeper meaning of engagement.

Reflection

Reflecting on our initial expectations we believe that we have achieved our aims but will seek to develop and enhance our approach to grow participation and meet the challenges of the changes of the residents as well as the new residents attending. To expand resources that can be interchangeable and have a multi-sensory approach throughout the activity to meet the changing needs of the residents, enhance approach to grow participation and ensure sustainability and the longevity of this program.

Establishing the Business Case

Concept

The concept is to incorporate the sense of leisure activity that focusses on enhancing wellbeing, which has a transformative effect on residents, whether they are happy, sad, living with or without dementia.

Program Purpose

The purpose of the program is multidimensional:

- To meet individual resident's needs
- Engaging residents on all levels of abilities
- Connecting individuality and group through movement and music
- Having an environment so that delivery of the activity appears to be 'impromptu' for fun and laughter freely occurs
- Focus on individual and group by using a multi-sensory approach to enrich experiences and enhance emotional fulfilment
- To blend both old and new technology as therapeutic tools.

Program Plan

- The program plan has been a living document for nearly 23 years in which for the past several years I have reviewed, collated information and developed a program plan that has considered the follow items:
- Responds to individual resident's abilities using insightfulness, implementing therapeutic/sensory tools
- program design
- resourcing
- risk management
- communication
- evaluation
- review.

Detailed information attachment 1 - 7 setting out detailed program plan, the risk management strategy, communication plan and specific work plans.

Program Compliance – Aged Care Accreditation Standards

The program has complied with the Aged Care Accreditation Standards, in particular:

- Aged Care Accreditation Standard 2 – Health and Personal Care, where care recipients' physical and mental health will be promoted and achieved at the optimum level in partnership between each care recipient (or his or her representative) and the health care team; and
- Aged Care Accreditation Standard 3 - Care Recipient Lifestyle, where care recipients retain their personal, civic, and legal and consumer rights and are assisted to achieve active control of their own lives within the care service and in the community.

Each standard has a number of different outcomes; the ones relevant to our 'Movement to Music' is shown in Figure 1 below

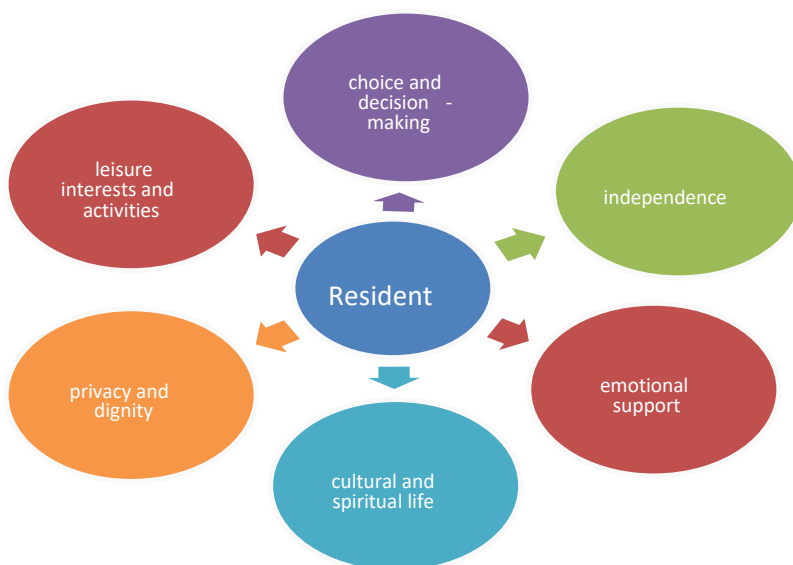


Figure 1: Movement to Music program

Satisfies Aged Care Accreditation Standard Outcomes

To ensure the Aged Care Accreditation outcomes are met, it is paramount that the resident be central to the context in which Movement to Music is delivered. Having control and ownership provides choice, decision making and dignity, whilst building self-esteem and enhancing independence giving the resident a feeling of personal and emotional fulfilment.

Program Principles – Diversional Therapy Australia

The Diversional Therapy of Australia principle of activities being client-centred merges with the requirement of the Aged Care Standards. Importantly, these principles are upheld by the Leisure and Lifestyle and associated volunteer's team as drivers of the program. The role of the team is vital to ensuring the 'rules of engagement' (including boundaries of privacy and confidentiality), regulatory compliance and continuous improvement in the leisure and lifestyle department.

The Leisure and Lifestyle Team has implemented a strength based approach through leisure and therapeutic recreation practice along with the practice of looking beyond the activity and consider the broader scope ,to be wellbeing outcomes focus, not activity driven but goal focused to meeting Diversional Therapy Objectives.

Implementation

Data Collection

Using Work Plans to guide the collection of information in a dignified and client-centred way, our volunteers have continuously discussed with our residents to ascertain best practice for this program.

Data Collation

Adaptation of activities as appropriate was designed to be inclusive to increase the participation rate of the residents; regardless of their physical or cognitive capacities. The volunteers reported goal orientated outcome including the surprised breakthroughs of "lost skills" to Leisure and Lifestyle coordinator and this information is placed into Corumbene's data collection systems for all staff to be informed. This assists staff to effectively deliver person-centred care throughout the assisted daily living activities.

Program Outcomes

Resident Outcomes

Humour is used (often initiated by residents) which has produced positive results in the reduction of anxiety and/or agitation of residents.

Non-verbal residents participate in the activity and are often seen mouthing and gesturing along to the words of the song, this gives deeper meaning of engagement and achievement to those residents and a positive feeling of belonging to this group of residents.

The outcome of using all chair based movement is categorised as a physical activity that connects the exercise that works for their body and mind. The result of this has been increased in their resilience and maintaining fitness levels.

Anecdotal – residents express total trust and freedom to express themselves and their sense of accomplishment.

The volunteer's perspective

Results have been outstanding and achievements in areas of;

- Education attending workshops in Dementia Care
- Gaining a deeper sense of compassion and understanding between resident and people in the community
- Increase sense of meaning
- Positive feeling of personal fulfilment

Corumbene Staff

Care staff not directly involved in the program have been impressed with the level of resident engagement. However the benefits for staff is the provision to provide a broader scope in the delivery of person-centred care by using music and/or rhythmic movement confidently to engage with residents in broader range of activities. Staff also feel that they

understand their care recipients better and they are able to modify their care approach accordingly.

Personal and Team

The Movement to Music has offered my team and I many professional development opportunities. In particular it has enabled me to develop strong leadership skills, volunteer management practices, working within timeframes and the coordination of dissemination of information throughout Corumbene. It has also allowed me to practice looking beyond the activity and consider the broader scope of achieving wellbeing outcomes focus.

The program has also been the opportunity to expand upon resident focus skills in;

- Facilitating meaningful dialogue (verbally or non-verbally)
- Embrace challenges
- Be creative in the approach to enhance the cognitive, physical and cultural needs of the residents
- To be surprised when lost skills emerge.

It has increased my personal confidence and throughout the process I have established many wonderful relationships with a variety of different stakeholders, opening the door to cooperation for future activities/events/projects.

Evaluation

As part of Corumbene's continuous improvement processes, a survey was developed to capture participant engagement in the program. The survey will be conducted 6-monthly after implementation to enable us to capture feedback and improve the program. Results from the initial survey are as follows

Resident/Client Feedback

Residents responded 90% 'excellent', with 70% of other responses rated 'good' there was no response for 'satisfactory' or 'unsatisfactory' . Refer Attachment 9 & 10 for details of the resident surveys, and quantitative and qualitative results. Review once feedback sheets are collated.

Conclusion

From the humble beginnings 23 years ago at the Old Corumbene site residents who were in the day room responded with laughter and smiles when an impromptu sing-a-long began, this was the inaugural concept of Movement to Music program.

Over the years the program gained momentum and was able to adjust to the changing philosophies in Dementia/Aged Care. With these changes the opportunities to review the program and to professionalise the delivery of activities. This practice continues today as we strive to ensure the residents receive optimum leisure activities which promote personal triumphs and goal orientated outcomes.

Movement to Music has now developed its own identity providing leisure and health activity that is meaningful, supports self-esteem, social skills in an environment that is filled with joy, laughter, and a sense of excitement and companionship and importantly conversation which the residents feel valued.

What Next

Old Time Music and Dance

The 'Old Time Music and Dance' program purpose was to allow for the residents to dress up for a weekly occasion (like in the day when they went to dances) and assist residents to feel comfortable to move in the way their body and mind allow, and to discover new ways of

expressing themselves. The program was trialled for 3 months and it became apparent that it was going to be successful when the participation rate of the residents has steadily increased. Now it is a successful program which has positively grouped residents together, to meet their social, emotional, and physical wellbeing.

Music Therapy program

The music therapy program is a specialised program for those residents who are now unable to engage in the wider community of the home. Great care and consideration were undertaken, interviews with residents and family members (if applicable) before commencement of the program. The program purpose is to assist in alleviating symptoms of stress, anxiety and depression in older adults. We are very fortunate to have a volunteer Harpist who is also studying to be a music therapist who visits on a weekly basis.

Sustainability What Next

The success of the Movement to Music program to date predicts well for its longevity along with the introduction of other new programs. It is envisaged the program will play a major role within the Leisure and Lifestyle department for a long time.

Leisure and Lifestyle workers have been orientated to this program. Leadership and support to expand the program and the 'Old Time Music and Dance' program that is growing in momentum with high participation rates which is steadily increasing. The introduction of a specialised music therapy program to meet the needs of residents who no longer are able to engage in the broader Corumbene community has commenced with some success.

Existing volunteers are now recruiting other volunteers to address successful succession planning requirement to mentoring new volunteers who have expressed an interest in the program.

Benefits to the Diversional Therapy Field

It is hoped that the success we have had with the 'Movement to Music' program may be emulated by others in the field with a view to enriching the lives of many more aged care residents in meaningful activity, social connections, laughter, and enhancing their social development and promoting a sense of emotional wellbeing, independence and self-worth.

It has been my privilege to have coordinated the facilitation of this program and to have the opportunity and to hear the amazing stories of individual resident responses to the wonderment of music and movement it provokes. I am humbled to witness and to hear about the breakthrough in the occurrence of lost skills even if it is only for a short time which is a positive outcome from this program.

Barbara Davis.