

The Music Discovery List

Has the person a preference for a genre of music ?

- Classical - Opera - Operetta
- Country - Big Band - Jazz
- Religious - Foreign music
- Rock & Roll - Pop - Disco or Folk music

Is there a preference for a

- Singer - Band - Group
- Orchestra - Composer - Artist

Did the person listen to radio?

- Which radio station ?
- To which radio show ?
- Think about the “radio plays” from those days

Did the person sing in a choir? Which songs sang the choir ?

Are there recordings of this? If yes use these recordings or try to find choral music which sounds like these. When someone with alzheimer’s has sang in the past or still sings, encourage to continue this or to pick it up again.

Was there music in the childhood home ?

- What music was listened to ?
- Which songs were sang ?
- Did they play an instrument at home ?

Did the person play in a band or orchestra ? What kind of music did they play ?

Are there recordings of this? If yes, use these recordings or try to find similar music. While listening to that music try if the person wants to play that instrument again.

Has the person a preference for a musical instrument ?

Piano - violin - bagpipe - accordion - harmonica, etc

Did the person play a musical instrument ?

When someone with alzheimer’s play or has played an instrument, encourage this to continue or to pick it up again. Musical skills are very deeply rooted in the brain and remain available.

What was the first music the person has bought ?

Look between the old records, cassettes and cd’s

Has the person favourite movies or tv programs ?

Think about opening tunes and film music

Is there a favourite comedian or humourist ?

Did the person sing during work, washing the dishes or under the shower ?

If so, find the lyrics from those songs and sing along.

Has the person danced or taken dancing lessons in his youth ?

Yes? Then search for dance music from that time and try while listening to that music if the person likes to dance again. If so, you have an exercise that gives pleasure for two.

Did the person visit theatres, musicals or concerts ?

If yes, try to find the associated music.

Are there songs in regional dialect which the person knows or likes?

or songs belonging to the person's hometown ?

Are there songs belonging to special events ?

Religious music has often a special value for someone with alzheimer's
even if it's long ago that the person has gone to church.

- Did the person go to church ?
- To which religious community ?
- Which music was played or sung there in the 15-25 period (see below)

Think about Christmas songs and other festival songs

These songs are deeply stored in the brain.

Why the 15-25 period ?

Because it is proven that the music heard between the ages of 15-25 is the most deeply rooted music in our brain. These songs can serve as keys for unlocking whole worlds of long forgotten memories.

Calculate the 15-25 period

The year of birth.....

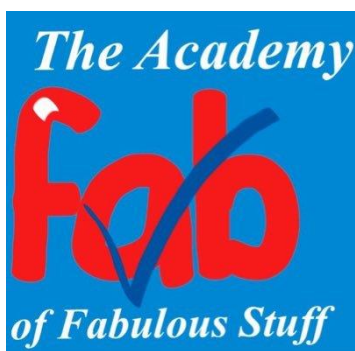
Add 10 years to the year of birth.....

Add 25 years to the year of birth.....

The 15-25 period is between the two dates

Search for songs which were popular in this period

Success with Searching & Finding the right
music, which is the greatest gift you can
give to someone with alzheimer's
Your Fab (help) Ambassador



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