



**LIVE
MUSIC
NOW**

**INSPIRING MUSICIANS
TRANSFORMING LIVES**

WORKING WITH OLDER PEOPLE IN CARE HOMES

Engaging with music and truly talented musicians stimulates responses that can have a profound effect enhancing the quality of life for those taking part.



LIVEMUSICNOW.ORG

ENGAGEMENT THROUGH HIGH QUALITY MUSIC

LMN's vision is that older people accessing care services should live their lives as fully and creatively as possible. Life can feel lonely for people living in care homes. Some are confused, some agitated, some lethargic, but all of them respond to music. Our aim is to increase quality of life for all those who take part in LMN's music sessions.

OUR DISTINCTIVE APPROACH

LMN selects and trains the most talented musicians emerging into the music profession, choosing those that demonstrate the potential to engage participants in a meaningful way. During their 4-6 years on the scheme, we enhance these skills, equipping them to deliver interactive performances and workshops focused on the needs and enjoyment of the participants.

MUSICIANS IN RESIDENCE PROGRAMME

Regular visits from the same group of LMN musicians can make a real difference to residents who eagerly anticipate their weekly creative music session. As the weeks progress communication grows, reminiscences and pleasure in the music emerge and people's musical preferences come to the fore. Musicians take their cue from those they work with when planning and delivering their sessions. They are happy to create group and individualised 'playlists' to be used after the project has finished.

Programmes of work can be adapted to the requirements of the venue.

Underpinning all are the following;

- high quality of musicianship
- outstanding communication skills
- engaging and appropriate musical programmes
- meticulous planning
- responding flexibly to service user's needs

“ ‘Oh why are you crying?’ asked the activity staff member, putting her arm around an elderly lady in the front row. ‘Because I love it so much’ replied the resident”.



HOW MUSIC HELPS

Those who have taken part in LMN sessions tell us that they feel happier, more stimulated and less lonely. We believe this improvement in wellbeing is brought about due to:

- improved communication between residents and between residents and staff
- a sense of self-identity and a feeling of being valued
- positive effects on physical wellbeing through taking part in singing and dancing
- enhanced opportunities for person-centred care by using the music sessions as a way of increasing staff knowledge of those in their care

“ This week was one of conversation and communication... Hannah had to interrupt them to begin the introduction and start the session. This wonderful sense of dialogue continued throughout the hour as people smiled at each other, held hands, joked and played percussion instruments”.

LMN musician

HIGHLIGHT OF THE WEEK!

LMN music sessions are joyful occasions. Participants look forward to the shared activity, including moving to the music, engaging in banter and good conversation with the young musicians. Sessions are about social interaction, creativity, having fun, feeling engaged with life, connecting with self and emotions and can have a profound and positive impact on those living and working in care homes.

ABOUT LIVE MUSIC NOW

Live Music Now is a UK-wide charity set up in 1977 by renowned violinist, Yehudi Menuhin. The charity retains his original aims of offering the benefits of live music to those with least access to it, and supporting and helping to further develop talented professional musicians at the start of their careers. Each year, LMN delivers around 2,500 music sessions in community settings across the UK.



WHAT'S THE COST?

The costs of our programmes range from £280 for a one-hour participatory performance to £4,500 for a year long Musicians-in-Residence programme. Sometimes we can subsidise our activities with financial support from charitable trusts and sponsors. We can also provide materials to help care homes with their own fundraising for our activities. We can offer taster sessions if funding is available.

FURTHER INFORMATION

To discuss a programme tailored to the needs of your care home please email: wellbeing@livemusicnow.org or telephone 020 7014 2829.

Please contact us if you'd like a large print version of this leaflet. Am fesiwn Gymraeg o'r daflen hon cysylltwch â wales@livemusicnow.org, 02920 554040.

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