

# A CHOIR IN EVERY CARE HOME

## SING MORE, LIVE BETTER!

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### “WHY SHOULD MY CARE HOME DO MORE SINGING?”

#### 1. Singing with older people provides a range of **measurable benefits**

Our comprehensive review of the published research demonstrates that singing and music can be beneficial for psychological and social wellbeing; that it may help people manage a wide range of health issues; and that it can positively engage people with dementia across a spectrum of severity.



#### 2. Singing is recommended by the **National Institute for Health and Care Excellence** and it may positively influence your **CQC Assessment**

NICE recommends “singing programmes, in particular those involving a professionally-led community choir” among activities for preserving independence and mental wellbeing in older people.

Singing provides evidence of how well your home is meeting all of CQC’s five key investigative questions.

#### 3. Singing brings a wide range of benefits to **everyone** involved

Care homes, families and musicians tell us that it’s not only residents that benefit. Residents’ families report they experienced better communication with their loved ones. Care homes saw improved links with local communities. Staff developed a different relationship with residents and experienced stress reduction at work. Amateur visiting musicians felt a sense of community contribution. Professional musicians developed new skills that impact on their whole careers.



#### 4. Singing can even help your **bottom line**

Care homes reported reductions in medication and hospital visits. One study found a reduction in falls and another saw improvements in sleep patterns. There is strong evidence for the cost-effectiveness of singing activities.

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Find out how singing can help everyone in your care home at  
[WWW.ACHOIRINEVERYCAREHOME.CO.UK](http://WWW.ACHOIRINEVERYCAREHOME.CO.UK)

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## “HOW CAN SINGING FIT MY CARE HOME BUDGET AND NEEDS?”

### 1. Singing can happen in many different ways

Care homes told us of a wide range of activity, from informal music-making to professional music workshops.

### 2. You can start small

A CD player in a spare corner with singalong activity is a good start. Encourage staff to join in too!

### 3. Eventually, you can become a "Singing Home" by doing a wide range of activities

One home told us they did all this:

- Spontaneous singing with staff and volunteers, one-to-one and in a group
- Visits from professional musicians and facilitators
- Singalongs: planned activity using CDs or other technology
- Performances by local choirs
- Home-grown Christmas shows
- Church services.



“Isn’t such a big music programme very expensive?” No – even doing all of these activities need only cost a modest amount, and external funding and volunteers can take things even further.

“Won’t I need a skilled professional musician on my staff?” No, again. Good quality music leading is vital to success, but an enthusiastic activities coordinator can achieve a great deal by themselves. If they can bring in additional skilled musicians and volunteers, you can achieve even more.

## IT'S EASY TO GET STARTED THERE'S PLENTY OF HELP AROUND!

Care homes told us that starting singing (or doing more of it) is easier with enthusiastic staff, when you're more certain that residents and others will benefit, and when you're more confident of how to hire people to lead activities. We can help with all this...

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Our website is packed with **free advice** to help you bring music into your care home  
[WWW.ACHOIRINEVERYCAREHOME.CO.UK](http://WWW.ACHOIRINEVERYCAREHOME.CO.UK)

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‘A Choir in Every Care Home’ is an initiative to explore how music and singing can feature regularly in care homes across the country. Funded and initiated by the **Baring Foundation**, it is a unique collaboration between 33 leading national organisations from adult social care, music and academic research. It is led by **Live Music Now**, **Sound Sense** and **Canterbury Christ Church University**.

On our free website, you’ll find the results of all our work so far. More than a dozen working papers provide full information on four surveys, two-dozen case studies, a detailed research review, background papers on quality, frameworks, trends in the care sector and campaigning. Handbooks explore how to do singing in care homes, and Toolkits provide simple, straightforward starter guides.

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The Baring Foundation

