

Alzheimer *Society*

ASRP Exchange Presentation Series

October 14, 2020 @12:00 pm EST
Via Zoom Webinar



Guest Speakers:

Dr. Christine Jonas-Simpson
and Dr. Sherry Dupuis



ASRP Quality of Life Grant: Music
Is Life: Experiences of Relational Caring
through Musical Engagement

Join us for a presentation and discussion about
musical engagement and dementia care !



Alzheimer Society

Agenda:

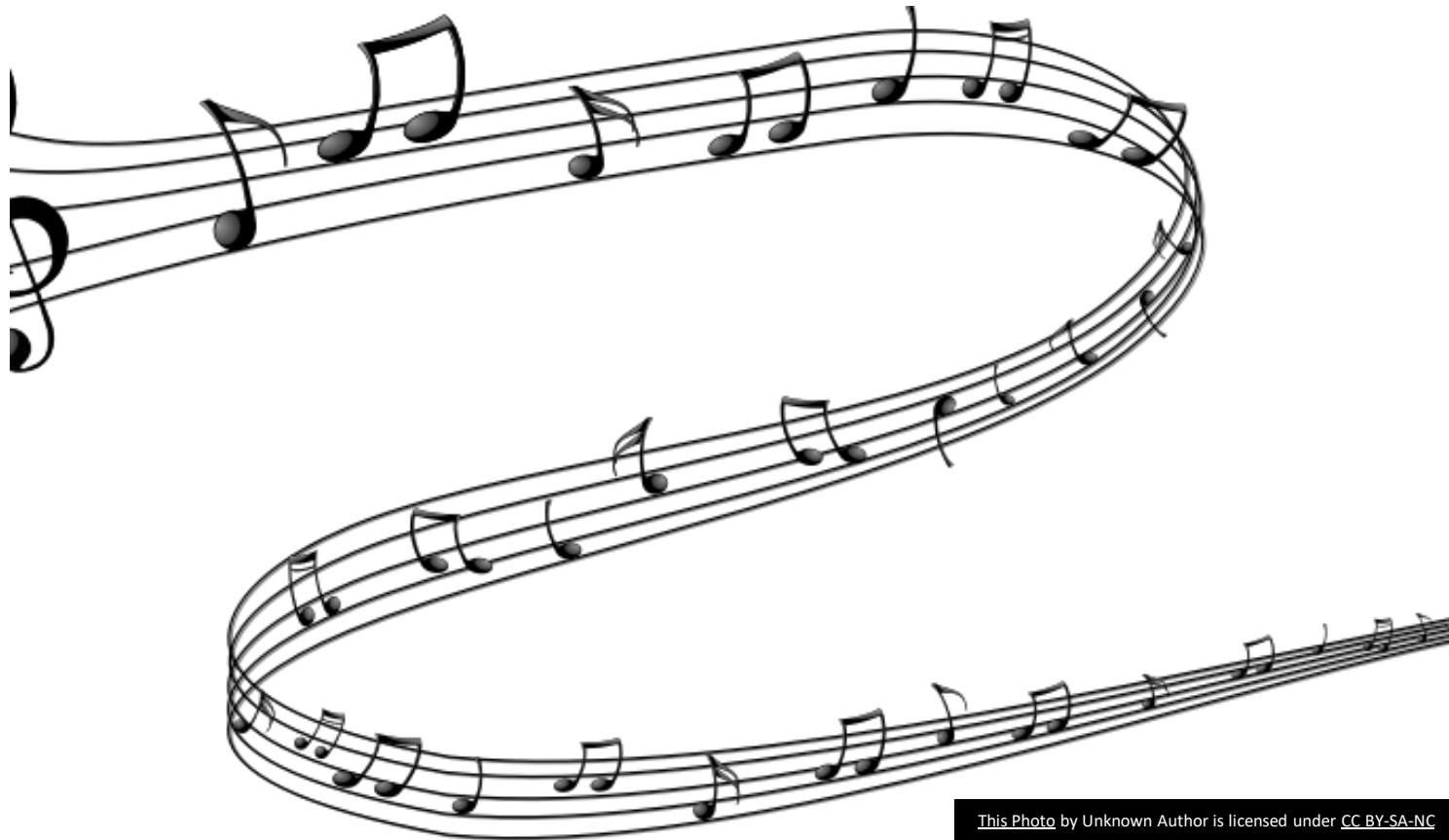
- 1. Introductions and housekeeping tips*
- 2. ASRP Exchange presentation: Musical is Life: Experiences of Relational Caring through Musical Engagement*
- 3. Q & A session*
- 4. Contact information*
- 5. Presentation and slides posted on Connexion*



Music Is Life: Experiences of Relational Caring through Musical Engagement

**Christine Jonas-Simpson,
Sherry Dupuis, Pia Kontos,
Gail Mitchell & Lesley Donovan**

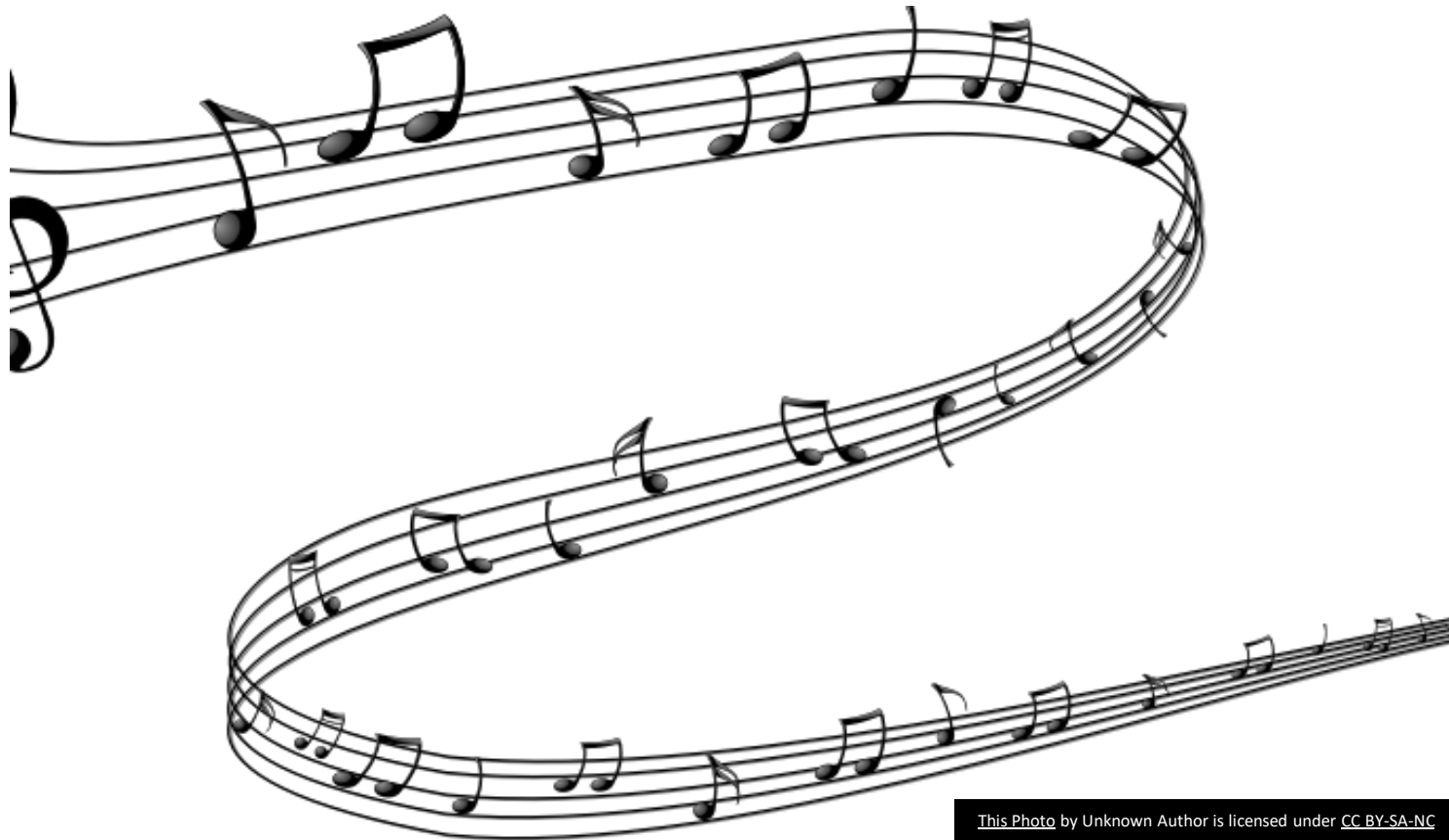
Research Purpose



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To explore and disseminate, through short and full-length documentaries, the experience of a philosophically and theoretically grounded music curriculum and its effectiveness for enhancing: quality of relationships, expressions of self through musical embodiment, and intergenerational learning for persons living with Alzheimer Disease and Related Dementias (ADRD).

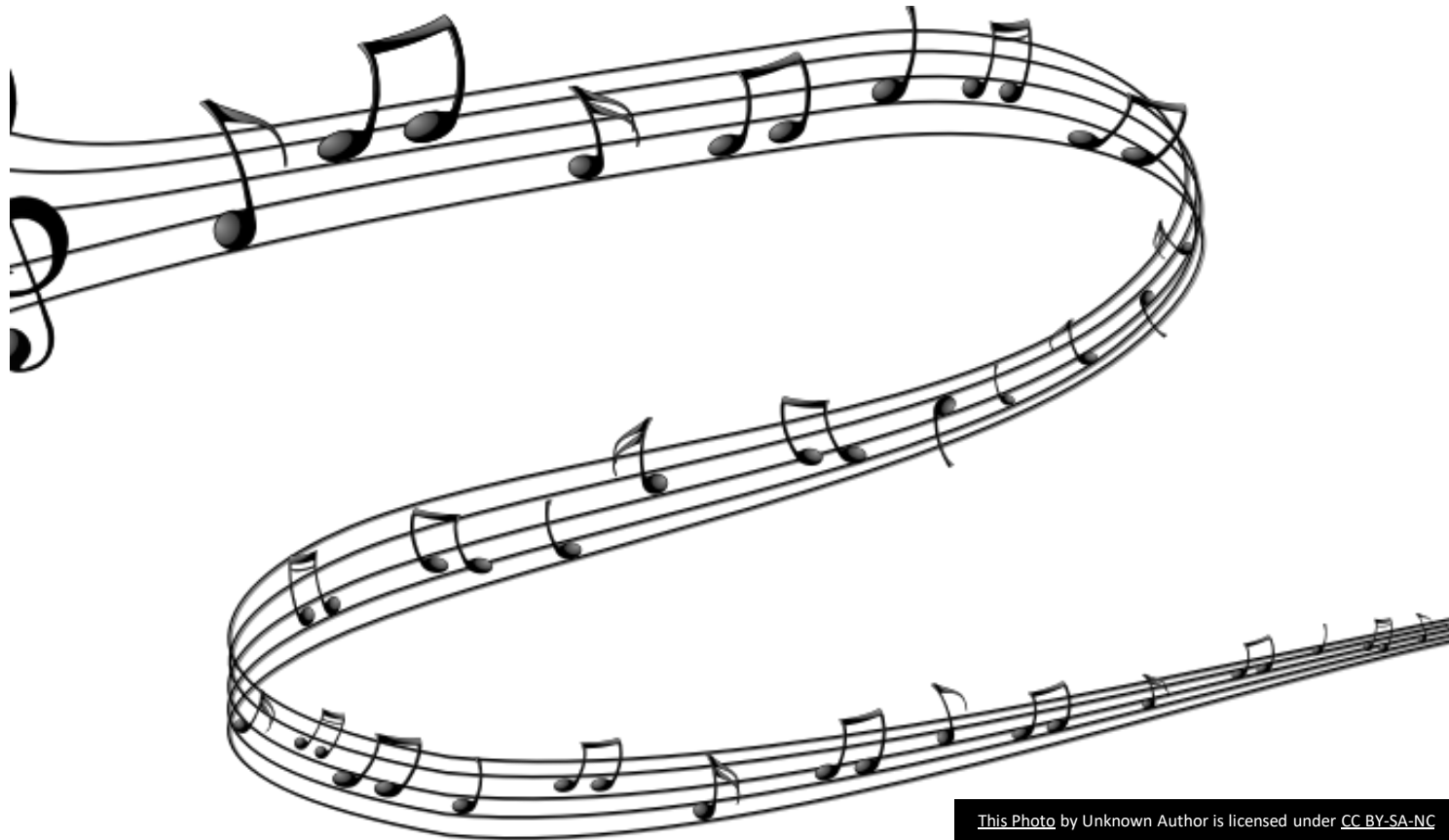
Research Objectives



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- 1) to explore, observe, document and video-tape experiences, expressions and patterns of: relationships, musical embodiment, and intergenerational learning during musical engagement at the Dotsa Bitove Wellness Academy (DBWA);
- 2) to produce a series of short and a full-length research-based documentaries that capture the experiences of a theoretically grounded music curriculum that translates the theory of compassionate relational dementia care into practice; and,
- 3) to explore the effectiveness of the documentaries in conveying the principles of compassionate relational dementia care.

What led us to this research?



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- Few studies have explored relational caring in practice
- Very little research, if any, on the arts, especially music, as a medium for relational caring
- Anecdotally, witnessed experiences at the DBWA appeared to be different than past experiences in day programs or LTC homes where music was used as an intervention/therapy or as entertainment
- Most studies explore music as an intervention or therapy; very little on experiences of musical engagement
- We also wanted to explore the effectiveness of film in conveying relational caring principles and what is possible

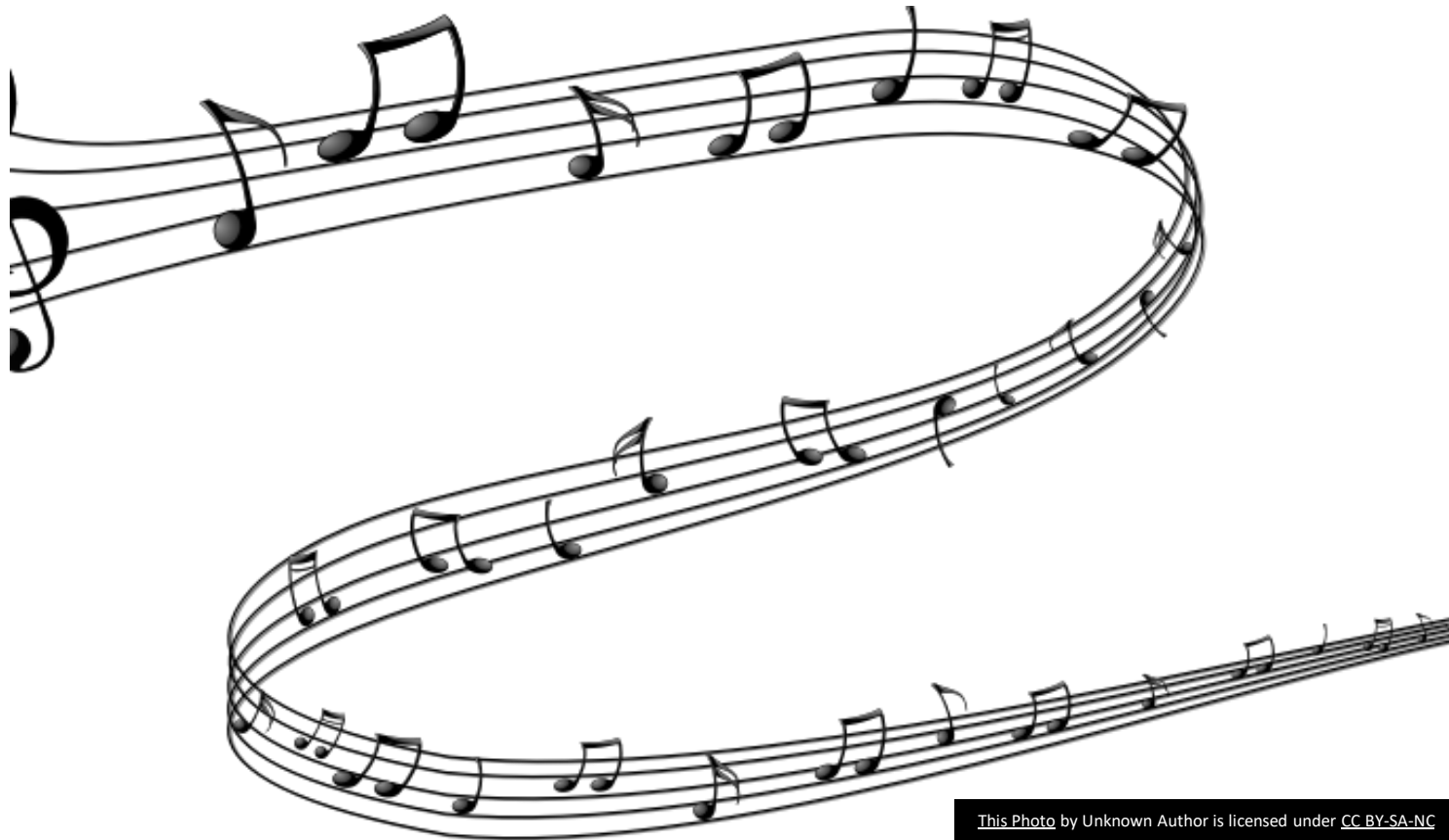


Key Findings Emerging from
Experiences of Musical
Engagement

Three Research Themes:

- Lyrical Connecting
- Musical Transformation
- Music is Relational Being

Lyrical Connecting



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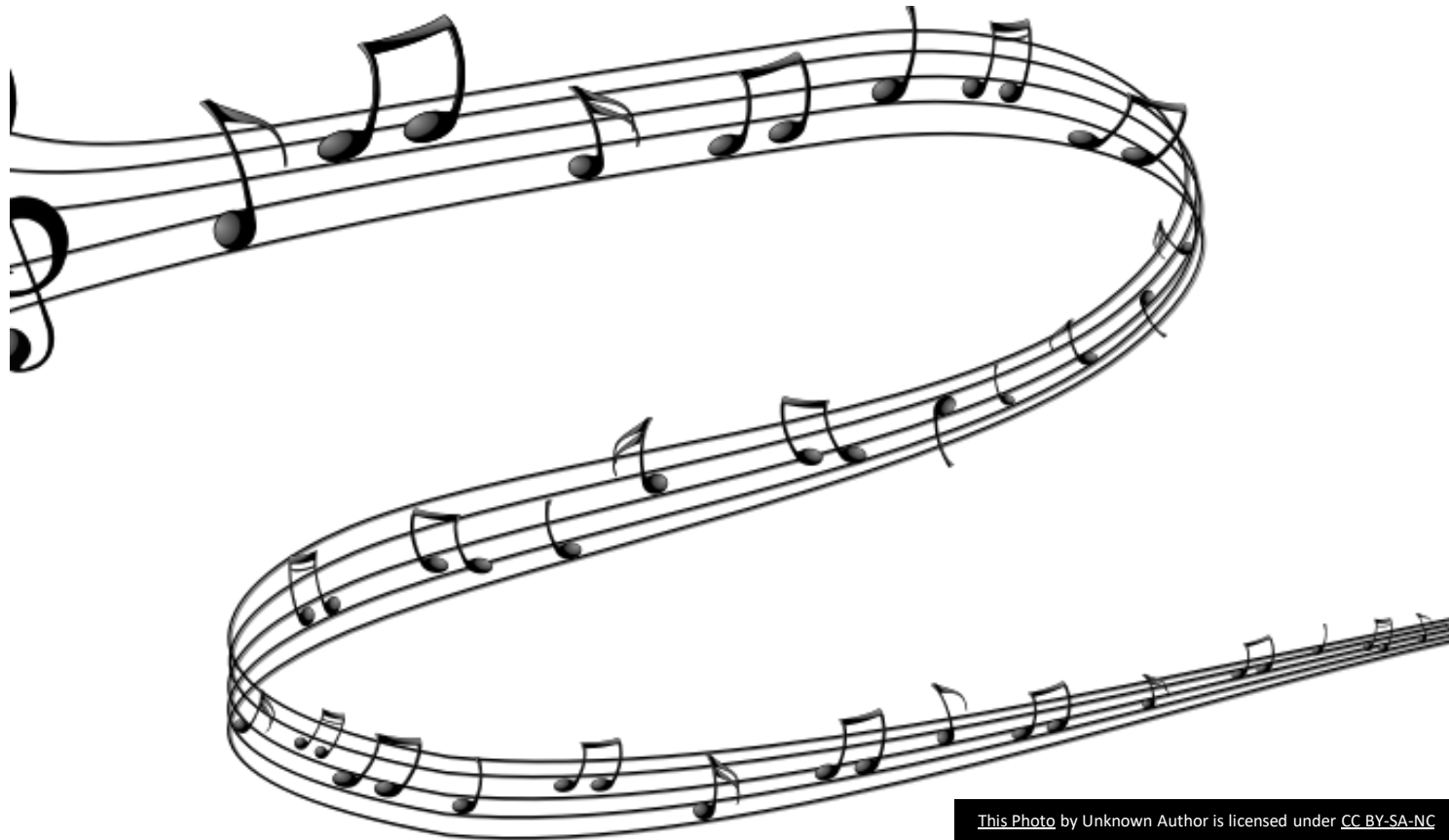
- Connecting differently, relationally, and in multiple ways through music (people, emotions, culture, one's self, universe, nature)
- Changing through openness to diversity and difference while sharing humanity through music
- Relating through murmurations - Processes of fluid engagement

Musical Transformation



- Becoming with others with music
- Flourishing with Music
- Free to become; Expanding horizons
- Transformation reverberating beyond the space

Music IS Relational Being



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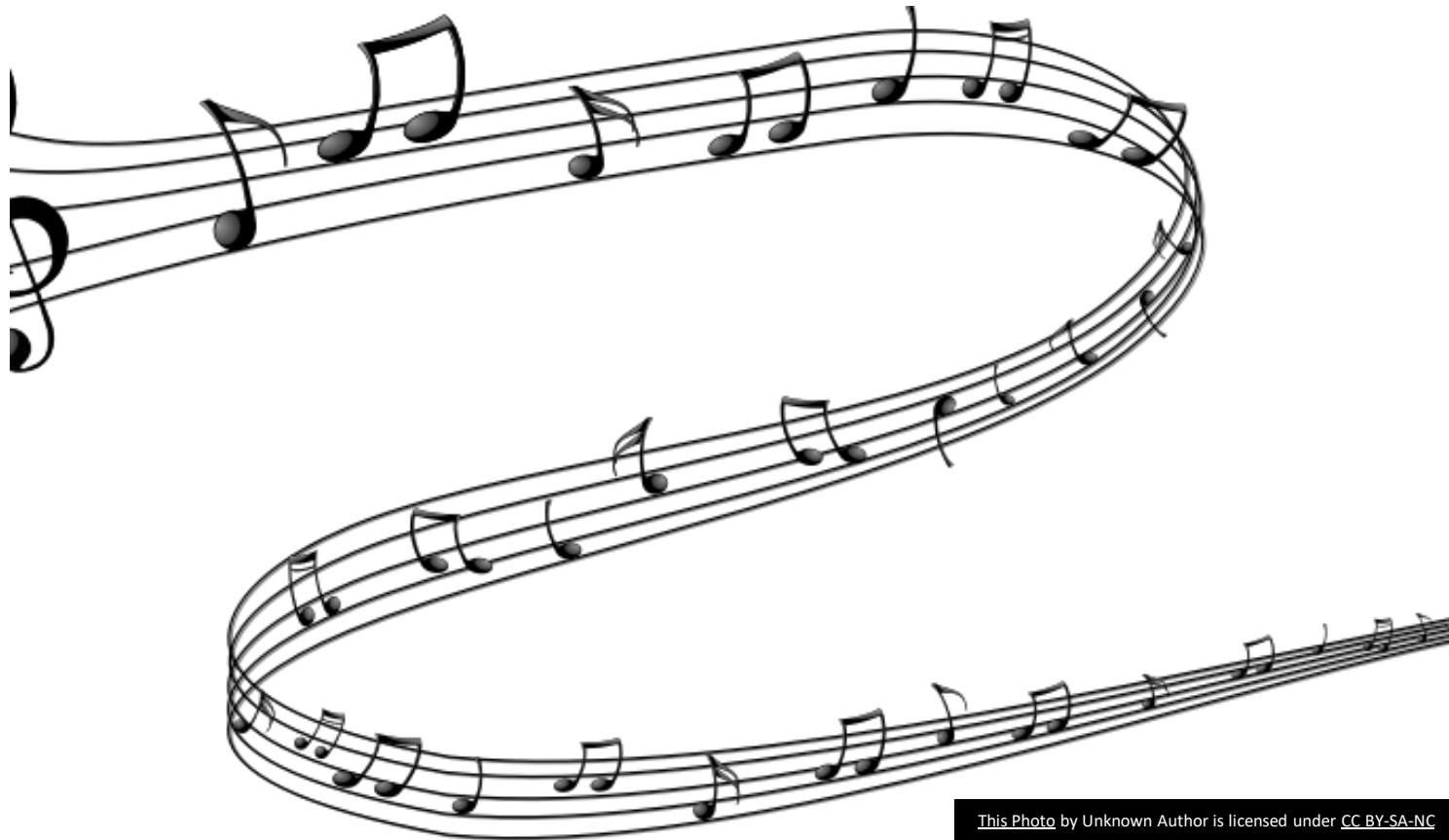
- Ontology – our being and becoming is relational/emodied
- Music **IS** life; music as essence of our humanity;
- soundtrack of life
- Life emerges through music



Philosophy and Structure - Essential

- Philosophy and Structure (both physical and organizational) are foundational to making the experience of musical engagement possible as relational being, lyrical connecting and musical transformation
- Involves:
 - Strong theoretical grounding
 - Intentional sculpting of relational space
 - Intentional development of relational literacies

Our Key Message



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Music is not **only** a tool, intervention or therapy rather, it needs to **also** be embraced to support life and relationality

If Music is Life – it is egregious to not support musical engagement as it is fundamental to being and relating and quality of life

Music Is Life:
Research-documentary for
Knowledge Translation



Music is Life launched on
night of World Alzheimer
Day, September 21, 2020:
744 views

Social Media Campaign:
Trailer 1,343 views
Film 747 views
Instagram followers 108



"Inspiring"

"Engaging"

"Beautiful"

"Uplifting"

"Moving"

"Empowering"

"Informative"

@Musics!

Responses to Research-Informed Documentary

Quotes from Evaluation of Research - Based Documentary

Beautiful, powerful and inspiring testament to the dignity and full humanity of persons living with dementia.

I thought it was brilliantly done. It was engaging, informative, and moving.

Uplifting, empowering, inspiring.

Inspiring. Lovely medium to help break down the stigma associated with dementia.

It is a 'much watch' for anyone working with, loving and supporting anyone living with dementia.

It's inspiring and a way to support, engage and enjoy life with everyone.

Loved it! I wish it could be a model for dementia care everywhere.

Wonderful insight on music and its relationship with persons living with dementia, and its power to stimulate the mind and soul.

I thought the program for people with dementia was remarkable and the documentary clearly showed the benefits.

Very uplifting. Watched it with my mum who is fading and has memory lapses.

Loved it, shot on a positive note.

Inspiring. Lovely medium to help break down the stigma associated with dementia.

Quotes from Evaluation of Research -Based Documentary

"I have to tell you that this film is incredibly important for people to see ... every time I watch it, I have new insights. As someone who thought they were using compassionate support, this documentary completely changed how I practice as a music therapist. I realized from seeing how the Bitove Academy implemented programming that I was using a medical model of music therapy to legitimize myself in healthcare instead of doing what was truly right for the individuals I was working with. Because I trained as a music therapist using a medical model, I never thought about how this might stigmatize the people I worked with. This realization has come from watching this documentary. This film is essential, and the work that the Bitove Academy has done must be used as an example of how we can make things better for people living with dementia."



Exploring experiences of relational caring through musical engagement reveals that everyone in a community living with dementia thrives.



YouTube Channel Website, Instagram and Links to Film and Trailer

Please Subscribe to our YouTube channel:

[youtube.com/channel/UC84ZlctVED6a_9eP95KHJlw](https://www.youtube.com/channel/UC84ZlctVED6a_9eP95KHJlw)

Follow us on Instagram: [@musicislifefilm](https://www.instagram.com/musicislifefilm)

For more information, visit our Website:

<https://www.musicislifefilm.com>

<https://www.musicislifefilm.ca>

Full film (50 min - watch to very end!):

<https://youtu.be/6bfYnZTMFRc>

Trailer (<3min):

<https://youtu.be/OnjTWhNUw80>



Acknowledgments

We would like to thank the Alzheimer Society of Canada Research Program for funding our research and supporting the dissemination of our research through documentary film, making it accessible to all.

We would also like to acknowledge the Dotsa Bitove Wellness Academy team, who embody relational caring philosophy through the arts so beautifully.

Thank you to the entire DBWA community for opening their hearts and doors for us to conduct this research.

Alzheimer *Society*

Thank you for attending today's Alzheimer Society Research Program Exchange Presentation, presented by Dr. Christine Jonas-Simpson & Dr. Sherry Dupuis!

Question & Answer

This recorded webinar will be available on Connexion at alzheimerconnexion.ca/psp

*Question about Music and Dementia? Please contact Dr. Jonas-Simpson
jonasimp@yorku.ca*

If you have any questions, always feel free to contact us at PSP@alzheimer.ca