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Connecting Through Music with People with Dementia: A Guide for Caregivers

Robin Rio

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For people with dementia, the world can become a lonely and isolated place. Music has long been a vital instrument in transcending cognitive issues; bringing people together, and allowing a person to live in the moment. Connecting through Music with People with Dementia explains how a caregiver can learn to use melody or rhythm to connect with someone who may be otherwise non-responsive, and how memories can be stimulated by music that resonates with a part of someone's past. This user-friendly book demonstrates how even simple sounds and movements can engage people with dementia, promoting relaxation and enjoyment. All that's needed to succeed is a love of music, and a desire to gain greater communication and more meaningful interaction with people with dementia. The book provides practical advice on using music with people with dementia, and includes a songbook suggesting a range of popular song choices and a chapter focusing on the importance of caregivers looking after themselves as well as the people they care for. Suitable for both family and professional caregivers with no former experience of music therapy, and for music therapy students and entry level professionals, this accessible book will lay bare the secrets of music therapy to all.

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