

# The Music Discovery List

from MusicShelter.info

**Has the person with dementia 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

**Has the person a preference for a musical instrument ?**

Piano - violin - bagpipe - accordion - harmonica, etc ...

**What is the first music the person has bought ?**

Look between the old records, cassettes and cd's.

**Has the person favorite movies or tv programs ?**

Think about opening tunes and film music.

**Is there a favourite comedian or humorist ?**

**Are there songs which belong to special events ?**

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

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

**Think about Christmas songs and other festival songs**

These songs are deeply stored in the brain, search for those songs, many are released on cd.

**Are there songs in regional dialect or songs belonging to the person's hometown ?**

**Religious music often has a special value for someone with dementia, 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)

**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 the music if the person likes to dance again. If so, you have an exercise that gives pleasure for two.

**Did the person visit theaters, musicals or concerts ?**

If yes, try to find the associated music.

**Does or did the person play a musical instrument ?**

When someone with dementia 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.

**Did the person listen to radio ?**

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

**Does or did the person sing in a choir ? Which songs sings this choir ?**

Are there recordings of this? If yes, use these recordings or try to find choral music which sounds like these. When someone with dementia has sung 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 sung? 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.

## Calculate the 15-25 rule

The year of birth

Add 15 years to the year of birth

Add 25 years to the year of birth

The 15-25 period is between the two dates

## Why the 15-25 period?

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 the key to unlocking whole worlds of long forgotten memories.

## On MusicShelter.info

The 15-25 rule is further explained and also how to make Care Oriented Playlists which make caring for someone with dementia easier.

Succes with Searching & Finding the right music, which is the greatest gift you can give to someone with dementia

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