

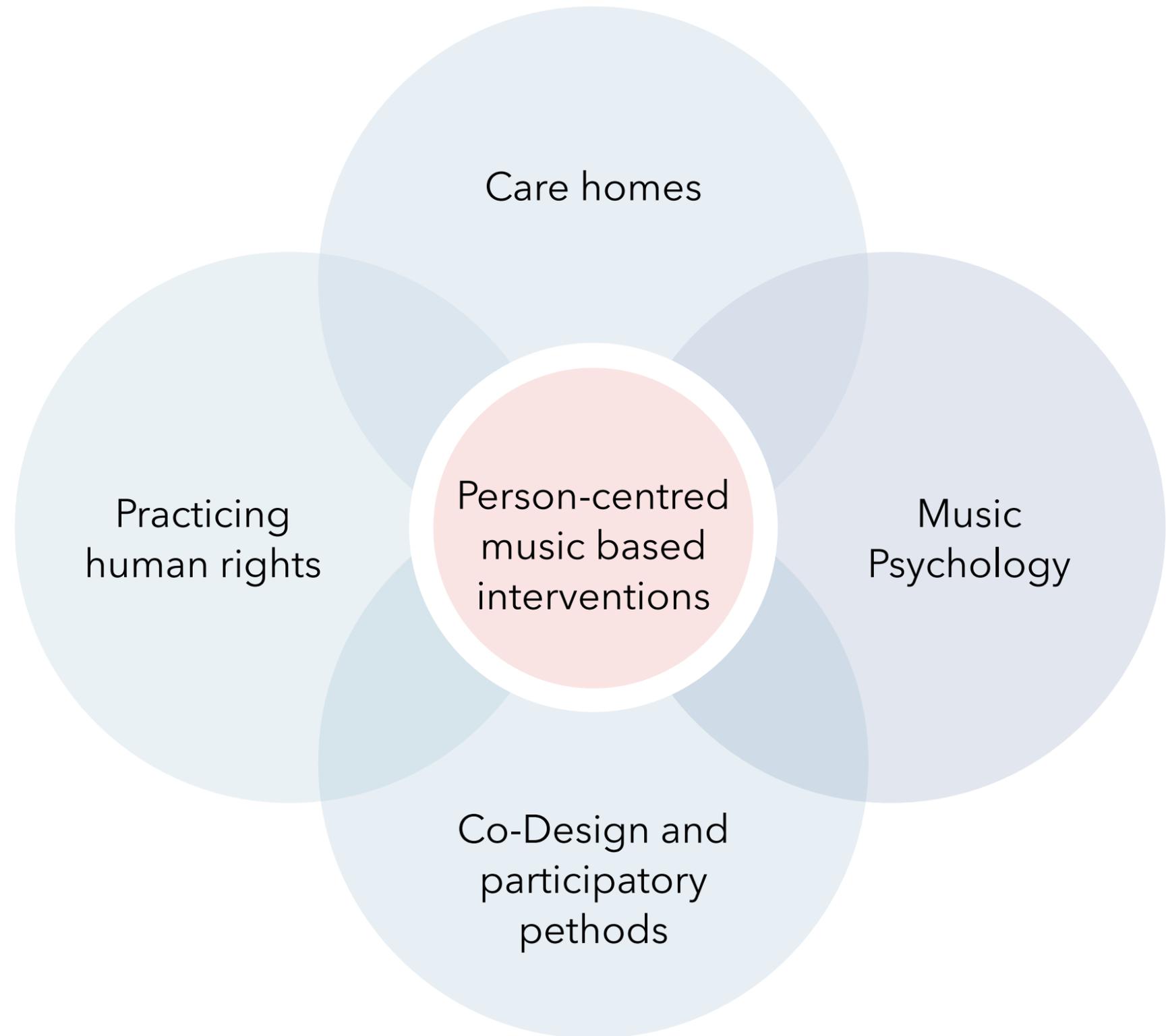
Making music meaningful in care homes



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The Innovation School, The Glasgow School of Art

Research context



Research aims

The project aimed to employ a rights-based approach to redefine Anderson's and wider perceptions of 'care home' through co-design with residents, staff, families and the wider community.

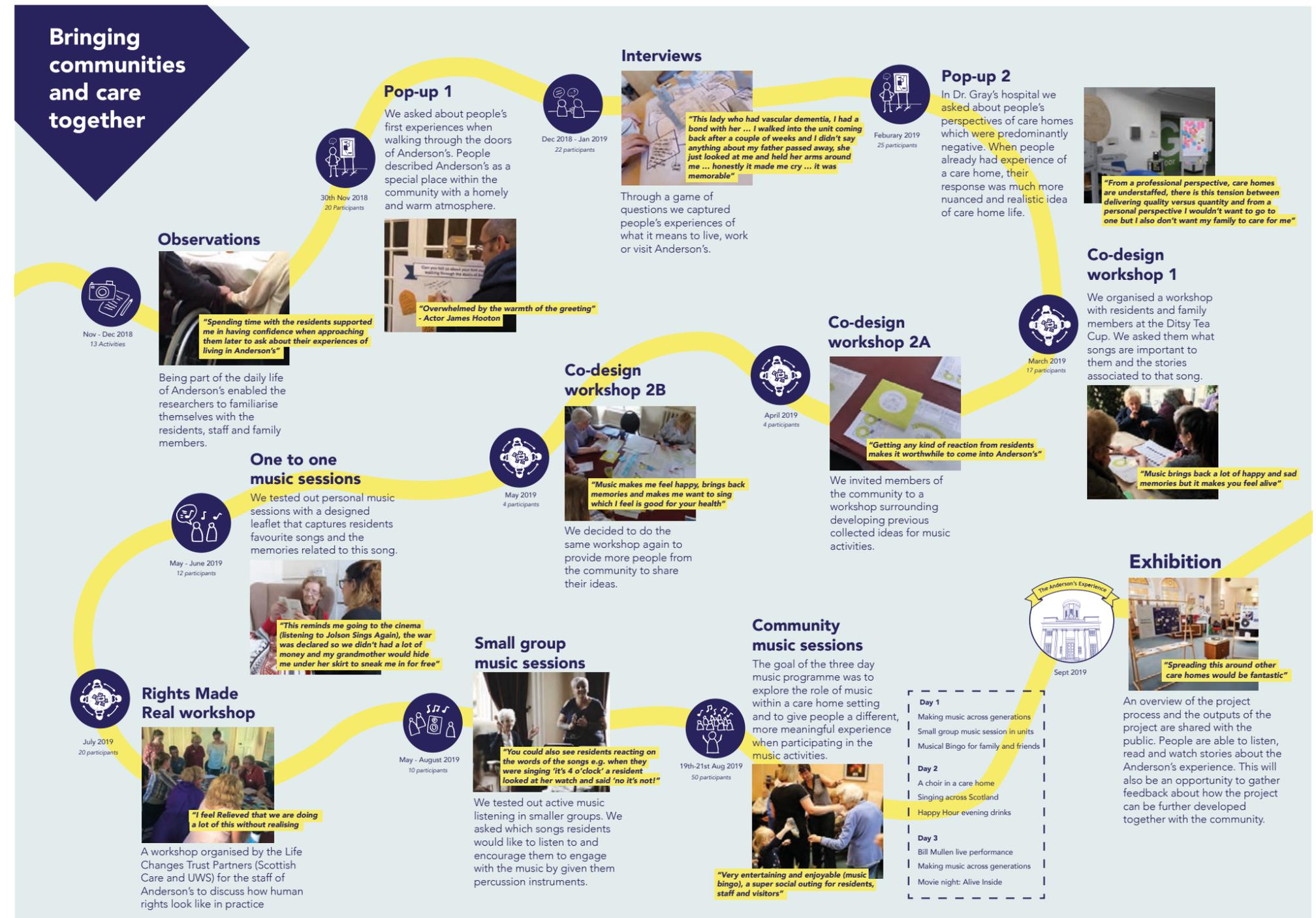
'the development of music-based interventions that increase opportunities for social interaction among residents, carers and the wider community, enhancing wellbeing in the broadest sense.'



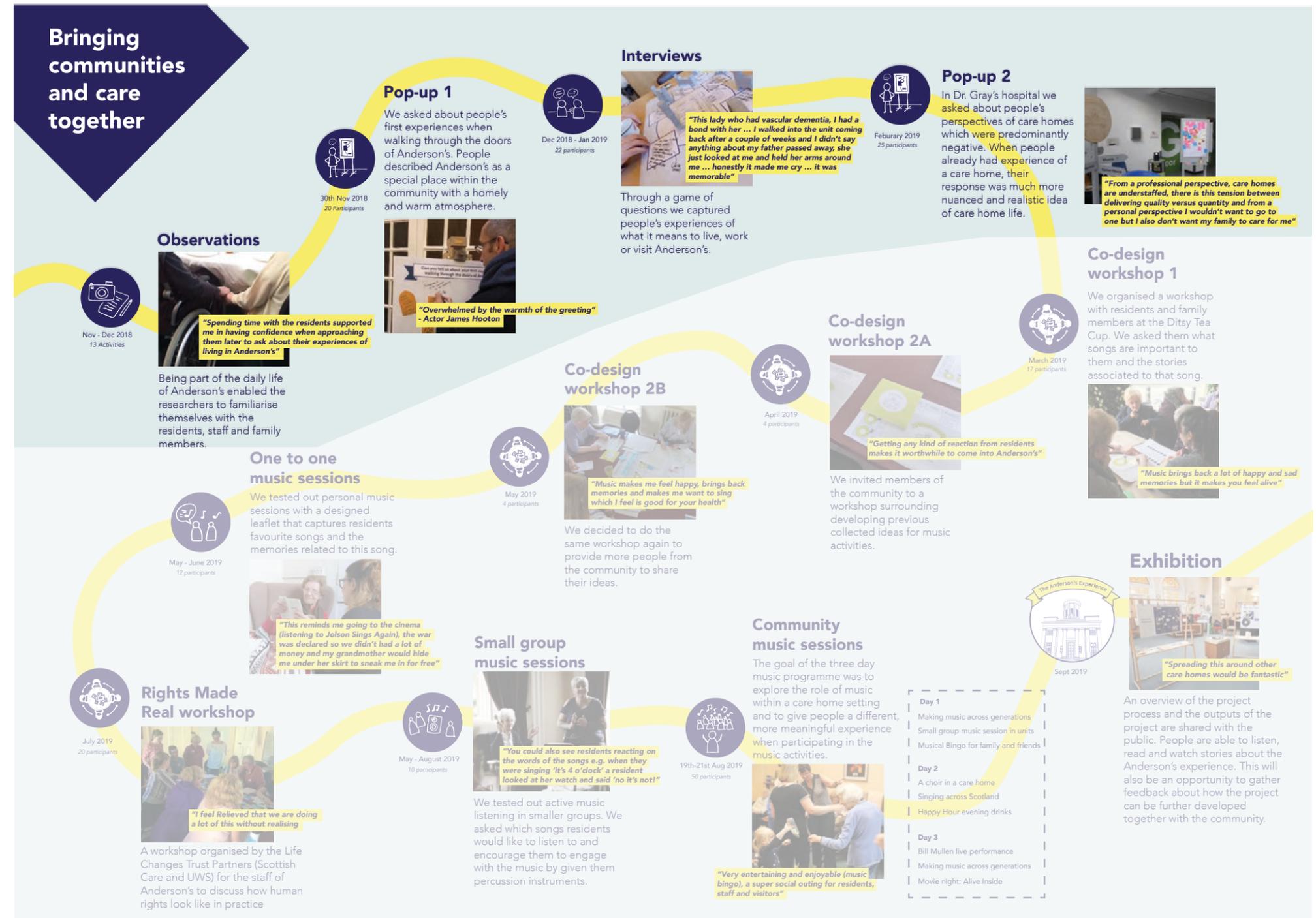
Article 8 of the Human Rights Act

"The concept of private life also covers your right to develop your personal identity and to forge friendships and other relationships. This includes a right to participate in essential economic, social, cultural and leisure activities".

Methodology: Co-design process

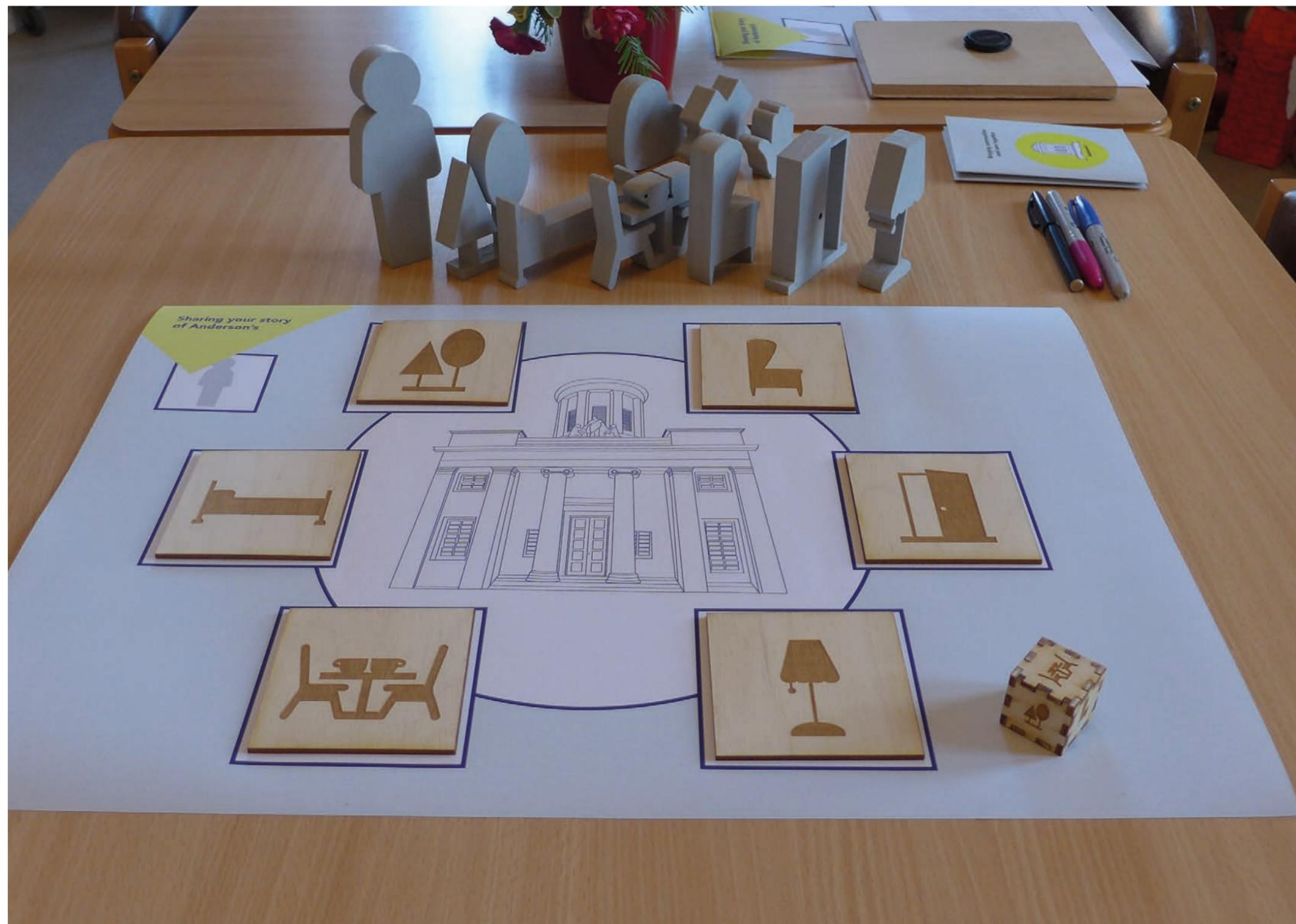


Phase 1: Understanding the care home context



Visual interview tool

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Phase 2: Exploring music ideas

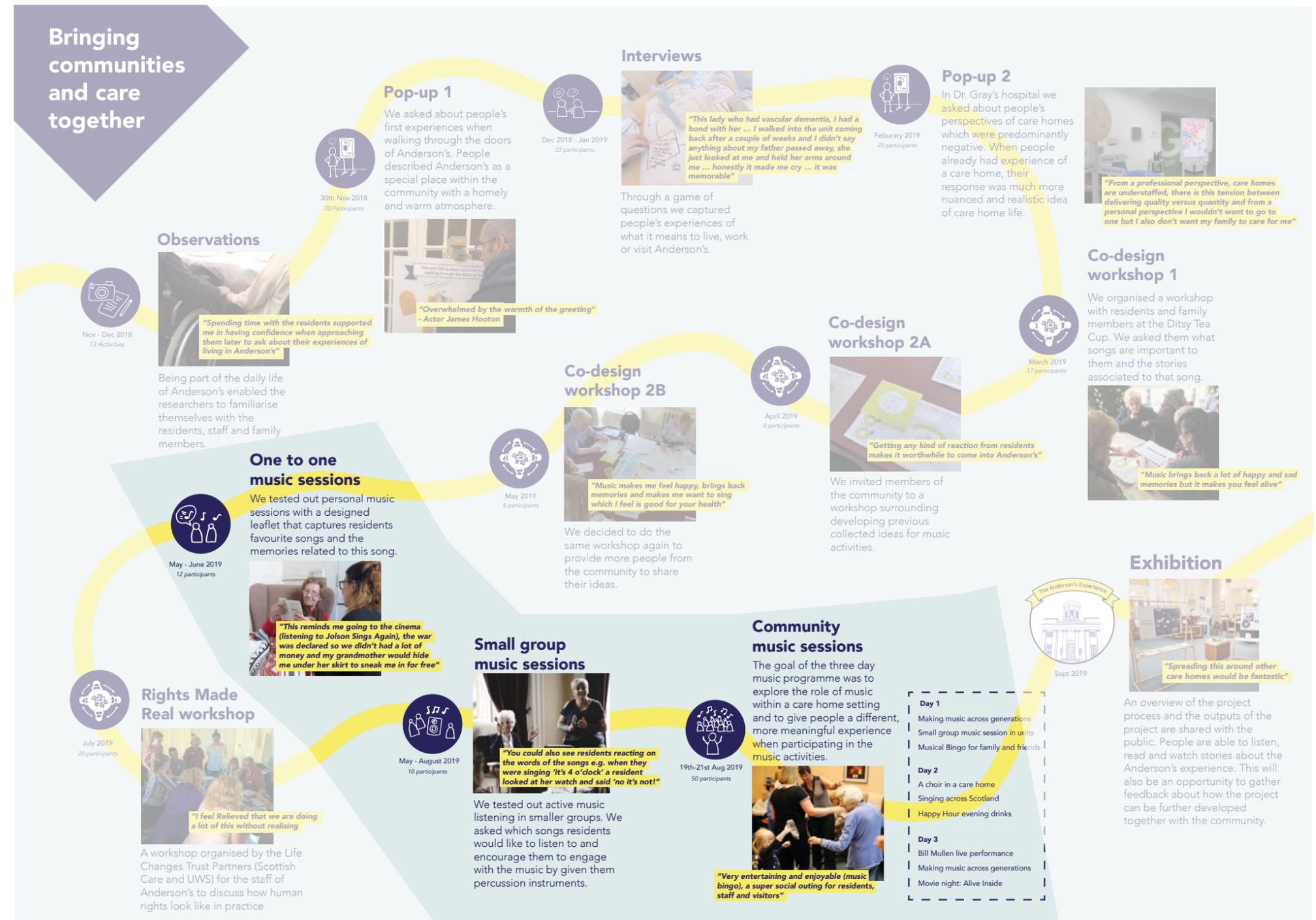


Workshop engagement tools

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Phase 3: Prototyping music engagements



Music sessions

From one to one to
different group activities

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Video



"Community Medley"

Exploring the role of music in Anderson's to enhance and develop more connections with the wider community.

Findings

- Enjoyed by all
- The power of music
- Enhanced capacity for Anderson's staff
- New relationships with the care home
- Confidence to try new ideas
- The use of visual media
- The use of music
- Cultivating meaningful relationships
- A rights-based approach
- Relationships and perceptions
- Emergent indicators



Album of Anderson's: visual artefact embodying residents' personally meaningful songs. Credit: Sean Fegan

REMIX - Music toolkit

REMIX toolkit
 Rights-based,
 Engaging
 Music
 Interventions and
 Xperiences

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**MUSIC
 &
 ME**

The Anderson's Experience

Song

Artist

What was I doing?

What was I feeling?

Anderson's Musical Bingo

5	100	51	41	69
26	52	50	409	96
88	75	20	22	

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Implications

Evaluating the outcomes

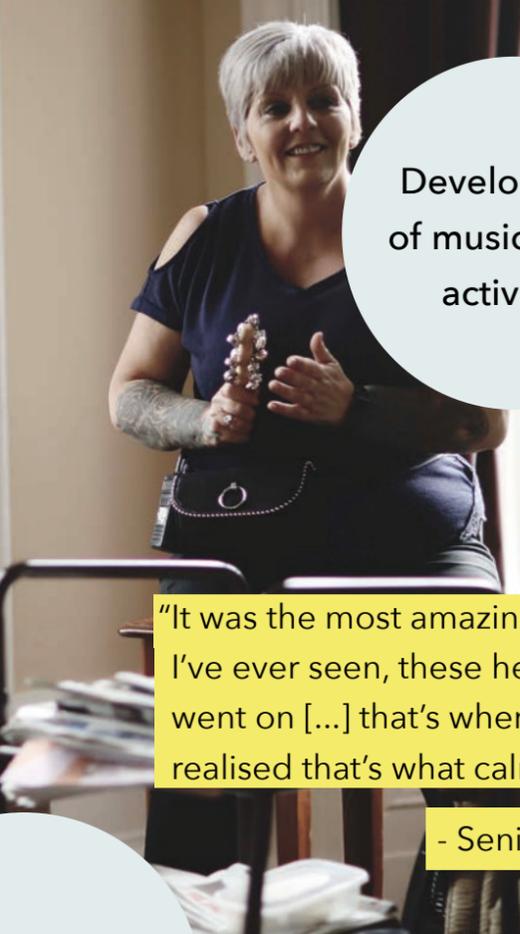
Testing and refining resources in the REMIX toolkit

Extending opportunities

Tailoring and adapting resources for wider contexts and identifying opportunities to scale up

Methodological opportunities

Employing co-design and participatory approaches in the development of music-based interventions



Development of music based activities



Strengthen existing community connections



"It was the most amazing thing I've ever seen, these headphones went on [...] that's when we realised that's what calms her"

- Senior Carer

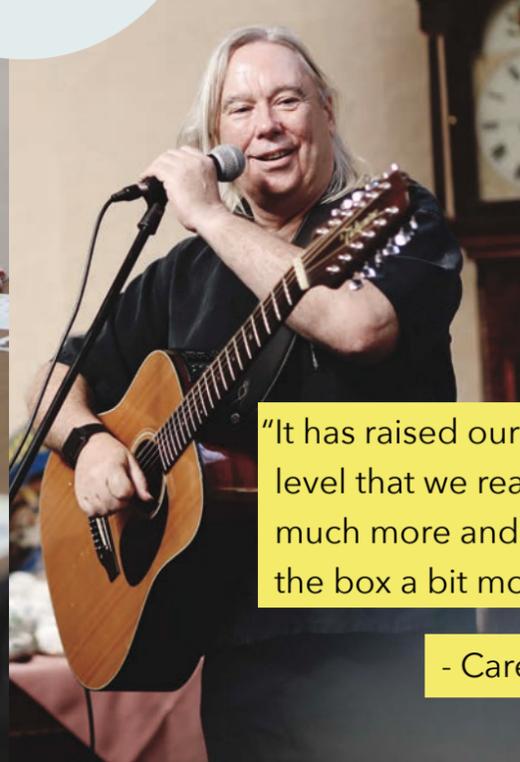


"We want to build real relationships [...] What can we bring to the residents?"

- Manager Nursery School



Promoting positive perceptions about care home life



"It has raised our confidence level that we really want to do much more and to think out of the box a bit more"

- Care home manager



Twitter: @TaraLFrench and @YoniLefevre

Thank you!

For more information about the project please visit the website:

futurehealthandwellbeing.org/bringing-communities-and-care-together

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ANDERSON'S
A VOLUNTARY SECTOR CARE HOME FOR OLDER PEOPLE

life
changes
trust
Creating better lives.