



# **NOVA DECO**

Nancy Johnson

Dominique Corbeil



# **MUSIC, HEALTH & AGING**

From an artist point of  
view

# Emotional Well-Being

- Research suggests that music can stimulate the body's natural feel-good chemicals
- Benefits of Music
- Programs/Workshop

# Emotional Well-Being

Socioemotional Selectivity Theory, SST

Dr Laura L. Carstensen

Department of Psychology, Stanford University


Dr Carstensen developed SST “to account for relatively high levels of social and emotional well-being observed in older adults despite very real losses associated with aging.”

# **ARTISTS IN RESIDENCE HOSPITAL PROGRAMS**

Nova Deco



# Music Benefits

- Relaxing/calming
  - Entertaining
  - Non-verbal communication
  - No Language barrier
  - All ages
  - Positive experience in challenging situations
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# Music Residency programs

## Stable of musicians

- Patients/residents can request specific types of music
- In room, private performances
- Ambience performances (hallways and larger areas)

## Individual/small group Musicians

- Scheduled regularly
- Different areas of facility
- Perform pre-chosen music

# Nova Deco at NMC

- Regularly scheduled performances in certain areas
- Hallways, buildings, designated areas
- Designed for enjoyment by patients as well as health care workers





# **MUSIC AND MEMORY**

# Music and Memory

- Research suggests that listening to or singing songs can provide emotional/behavioral benefits for people with Alzheimer's disease and other types of dementia
- Benefits caregivers
  - reduces anxiety
  - lightens the mood
  - provides a way to connect with loved ones



# **IMPLEMENTING PROGRAMS**

# Music Therapy Residence

- Participation in music making
- Creating art while listening to music
- Dancing or moving to music
- Learning or practicing an instrument

# Music Lessons

- Lifelong learning
- Intellectual challenge
- Fine Motor Skill
  - Muscle memory



“

the best tunes  
are played on  
the oldest fiddles!

Ralph Waldo Emerson  
1803 - 1882