

1. Identify music that's familiar and enjoyable to the person. If possible, let the person choose the music.

2. Choose a source of music that isn't interrupted by commercials, which can cause confusion.

3. Use music to create the mood you want.

## 5 caregiver TIPS

for picking out music  
for a person living  
with dementia

4. Encourage movement (clapping, dancing) to add to the enjoyment.

5. Avoid sensory overload; eliminate competing noises. Make sure the volume is not too loud.

### MUSIC CAN BE POWERFUL.

Studies have shown music may reduce agitation and improve behavioral issues that are common in the middle-stages of the disease. Even in the late-stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult.

Learn more at:

[bit.ly/MusicCareTips](https://bit.ly/MusicCareTips) | [alzmindfl.org](https://alzmindfl.org)

**24/7 Helpline 800.272.3900**

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