

alzheimer's association caregiver workshop

Music Therapy and Coping Techniques

A presentation by Reiner Haus, Ph.D.

Wednesday, February 4, 2009

10:00 am - 12:00 pm

Shriner's Hospital- Outpatient Auditorium

1310 Punahou Street, Hon. - Fee for Parking at Kapiolani Medical Center or Central Union Church

Caregivers sometimes struggle to relate to a loved one with Alzheimer's. Music is one way to connect.

"People with Alzheimer's often respond to music when they respond to nothing else," Suzanne Hanser, chair of music therapy at Berklee College of Music in Boston, told *Time* magazine.

Music can help with memory recall and reminiscing and positive changes in mood and emotions. It can also help the caregiver and person with Alzheimer's reduce anxiety and stress.

When you use music to interact with someone with Alzheimer's, be sure to:

- Identify music that's familiar and enjoyable to the listener.
- Use live music, tapes or CDs rather than radio programs with commercials.
- Use music to create the mood you want.
- Use photographs along with the music to help stir memories.
- Encourage clapping or dancing with the music.

Reiner Haus, Ph.D.

**International Speaker and
Researcher**

**Head of Music Therapy Dept.,
University Children Hospital,
Datteln, Germany**

Use music to learn caregiving coping techniques for seniors in need of Long-Term-Care. Dr. Haus will also cover music's impact on physiological and psychological health for children with Autism.

Sponsored by the European
Consulate on Music Therapy and
Sounding Joy Music Therapy

FREE ~ Donations Welcome

Registration Required

To register or for information:

808 591 2771 p

www.alz.org/Hawaii

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