

# Five Ways to use Music to Connect with Your Loved Ones



## 1. Sing favorite songs

- Choose preferred music from their teenage years or their 20s
- Be aware of their response, some songs might trigger anxiety or negative memories
- Adjust the volume to their needs
- Sing slowly, and use touch and big gestures to cue singing
- Leave lyrics out to encourage them to finish the lines. *For example: You are my \_\_\_\_\_ (sunshine).*



## 2. Move or dance to the music

- A strong rhythm and steady beat help entrain the body and brain and regulate heart rate and respiration
- Moving to a favorite song can help energize or calm your loved one
- Examples are: swaying, tapping hands and feet, clapping, snapping fingers, rocking, etc.
- Feels free to use props like scarves or hats to make it fun!



## 3. Share memories

- Music activates several areas of the brain at once, allowing your loved one to share memories associated with the songs they love
- Allow them enough times to process and express themselves
- Use photos and objects

## While listening to preferred songs...



## 4. Take a break together

- Hold your loved one's hand or offer a massage
- Use aromatherapy (if appropriate)
- Have a soothing cup of tea, favorite drink or treat



## 5. Talk about the music

- Talk about the lyrics
- Discuss the artists
- Share facts about the decade, historic events, etc.