

Introducing Music & Memory

WHAT IS MUSIC & MEMORY?

The Wisconsin Music & Memory Program is designed to help people with Alzheimer's and related dementias, find renewed meaning and connection in their lives through the gift of personalized music.

Grounded in extensive research, Music & Memory helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites. We create personalized playlists, delivered through a MP3 music player.

HOW DOES PERSONALIZED MUSIC MAKE A DIFFERENCE?

- Beloved music helps reduce depression and anxiety and can also moderate pain.
- Musical favorites tap deep memories and can improve quality of life.
- Participants are happier, more social, and receptive to care and family visits.
- Personalized music can help to reduce reliance on anti-psychotic, anti-depressant, and pain medications.

WHO CAN PARTICIPATE?

Anyone can benefit from the power of listening to musical favorites. As we build our program, we will be able to offer it to all who are interested. Often effective for a variety of impairments and disorders.

- People with Alzheimer's and other forms of dementia
- Individuals who are bed-bound, on dialysis or ventilators
- People with chronic pain
- Those receiving hospice care

As a Music & Memory Certified Care Organization. We are proud to offer the powerful benefit of personalized music as part of our continuing effort to provide the highest quality of care.



For More Information

To learn more, please contact the Dementia Care Specialists at dcs@milwaukeecountywi.gov or call 414-289-6259.

