

# Person-centered approach in group music interventions for people with dementia

(F) Presentasjon av forskning

13.40-14.05, Spor 1: Auditorium 3

The presentation will be held in English

## Speaker

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## Abstract

**Introduction:** In the context of the multinational Music Interventions for Dementia and Depression in ELderly care (MIDDEL) trial, Group Music Therapy (GMT) and Recreational Choir Singing sessions were provided between mid-2018 to mid-2023 to care home residents with dementia. Weekly sessions were provided by 21 music therapists and 24 choir leaders in Australia, Germany, the Netherlands, Norway, Türkiye and the United Kingdom. Sessions consisted of specific elements that had to be provided. Reasons for people with dementia not to attend sessions and efforts of intervention providers to work in a person-centered way in this context are unknown.

**Methods:** Intervention providers wrote down reason for non-attendance. Optional session notes were provided by the intervention provider for over 150 GMT and 150 RCS sessions. First, reasons for non-attendance and session notes of intervention providers were analyzed. Second, guided by Kitwoods model of psychological needs, a focus group was conducted with 5-8 intervention providers to share experiences of working in a person-centered way in GMT and RCS.

**Results:** Results will be presented at the conference and consist of 1) care home residents' reasons for non-attendance, 2) themes derived from open session notes (those available in Dutch/English); and 3) findings from a focus group meeting conducted in June 2024, describing actions of intervention providers to make group music interventions person-centered.

**Discussion:** Ultimately, findings provide insight into how a person-centred approach, tailoring to the needs of individuals, was applied in structured group-based music interventions for care home residents with dementia.

## References

- Gold, C., Eickholt, J., Assmus, J., Stige, B., Wake, J. D., Baker, F. A., ... Geretsegger, M. (2019). Music Interventions for Dementia and Depression in ELderly care (MIDDEL): Protocol and statistical analysis plan for a multinational cluster-randomised trial. *BMJ Open*, 9(3). <https://doi.org/10.1136/bmjopen-2018-023436>
- Kelly, L., Richardson, I., Ahessy, B., & Moss, H. (2023). Aligning Kitwood's Model of Person-Centered Dementia Care with Music Therapy Practice. *Music Therapy Perspectives*. <https://doi.org/https://doi.org/10.1093/mtp/miad015>