



A non-profit dedicated to promoting



Daily listening through headphones



To a personal playlist of favorite  
autobiographical music



## Benefits

**M&M Survey:** Please check off the behaviors for which listening to personalized music appeared to have a residual effect

Value	Percent	Count	
Reduction in challenging verbal or physical behaviors	56.1%	119	
Reduction in anxiety or nervousness	80.2%	170	
Positive changes in mood	87.7%	186	
Increase in desire to communicate or interact with others	48.1%	102	
Negative changes in mood	7.5%	16	
General increase in pleasure and joy	72.6%	154	
Reduction in amount of physical pain (referring to chronic pain)	18.4%	39	
Other	8.5%	18	

### What residents think:

“When you are listening to music you forget about problems, you forget about loneliness, you forget about depression, things like that.”

—Alex, Long-term care resident from California

Your playlist is with you during your care transitions



Your favorite  
music



- UK: [musicandmemory.org.uk](http://musicandmemory.org.uk)
- NL: [musicandmemory.nl](http://musicandmemory.nl)
- other EU: [mbruinsma@musicandmemory.org](mailto:mbruinsma@musicandmemory.org)
- Manon Bruinsma