





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

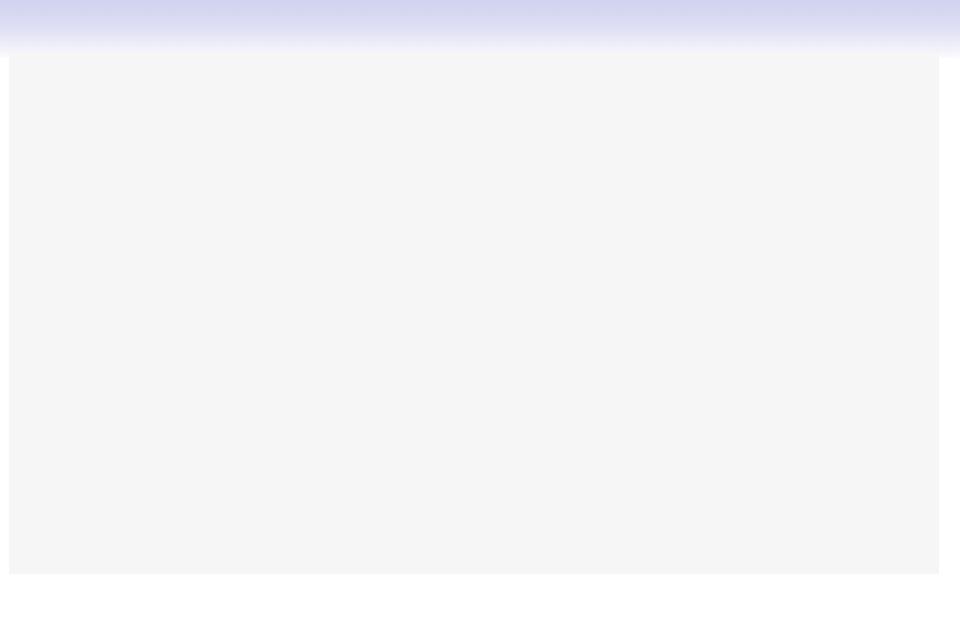








Your favorite music



• UK: musicandmemory.org.uk

NL: musicandmemory.nl

• other EU: mbruinsma@musicandmemory.org

Manon Bruinsma