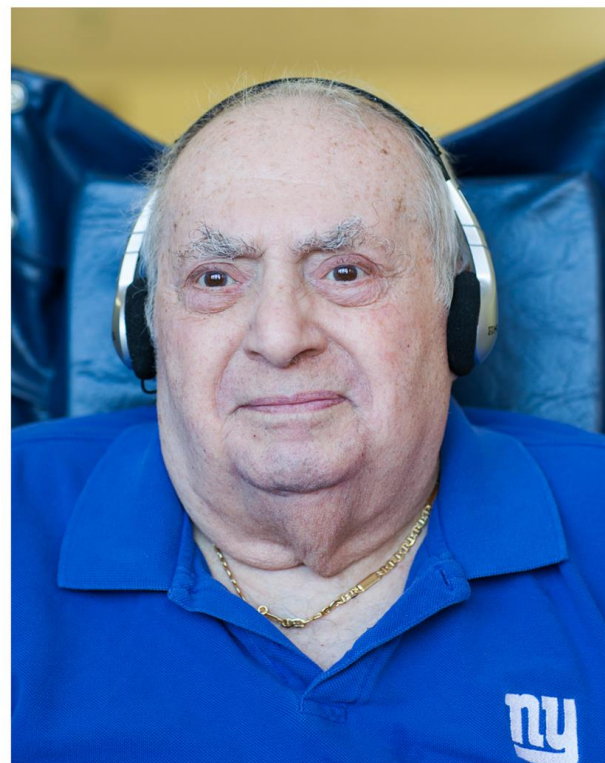


A non-profit dedicated to promoting



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 <i>(referring to chronic pain)</i>	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