

Music and Memory



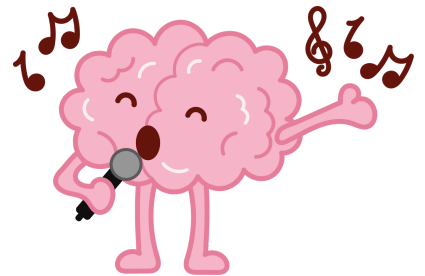
The brain's musical memory networks are deeply resilient and often remain intact despite cognitive decline. Familiar music can spark awareness, reduce agitation, and unlock profound memories.

ALIVE INSIDE* is a story of music and memory. The 2014 documentary showcased the profound effect music has on individuals - often awakening them from confusion and isolation.

To calm anxiety or combat sundowning, use gentle, acoustic instrumentals without lyrics.

If you attempt to duplicate the results of **ALIVE INSIDE**, understand that the choice of music is key to the results you will obtain. The best music to present to a person living with dementia is highly personalized, familiar music from their formative years (teens and early twenties).

Despite cognitive decline, the sound of familiar music can spark awareness, reduce agitation and unlock profound memories. Music tied to an individual's teenage and young adult years triggers the strongest emotional memories. For current seniors, this includes the big band, Motown, Elvis Presley, Jim Reeves, Johnny Cash, John Denver, Eddy Arnold, Nat King Cole, Billie Holiday, Frank Sinatra. and the Beatles.



TO BRAINSTORM A PERSONALIZED PLAYLIST

Questions to ask to:

- What decade was your loved one in their late teens / early twenties?
- What genres or artists do they naturally gravitate toward?
- What specific mood or times of day (e.g., morning, bathing, bedtime) are you hoping to use the music?

***ALIVE INSIDE** - the full documentary can be found on YouTube