

VOLUNTEER

There's more than one way to help.

1 Tech Help

The program uses iTunes to store the music for all the residents in the nursing home. A technology-savvy volunteer can download music, organize playlists, arrange for equipment organization, and teach staff how to charge and use the music players and adjust playlists.

2 Personalized Music Interviews

This program relies on music that makes an elder's heart sing! Because many of the elders in the project have dementia, sometimes a music "investigator" is needed to find those songs. Someone with interpersonal skills or an interest in music history could interview the residents, call family members to learn about their history, or play songs from their youth to see if the resident responds to the songs.

3 Fundraising or Donations

To make this program successful, nursing homes need music, iPods, speakers, headphones, and iTunes gift cards. A service project could utilize your marketing and promotional skills to raise money for these items or solicit equipment donations from the community.

4 Program Development

Every program needs to articulate program goals, processes, and outcomes to all staff. Interns and volunteers can work with leadership to research and draft policies, procedures, and best practices to create a well-organized approach to this program.

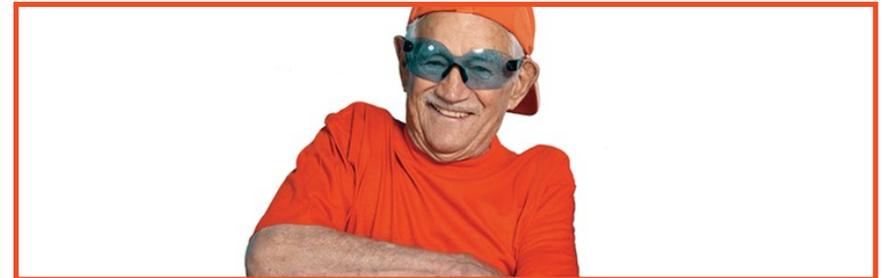
5 Educate Family Members and Staff

Programs succeed when all parties understand the benefits, know how and when to use equipment, and develop a sense of commitment to the program. Volunteers could introduce the program to family and staff with teaching materials, presentations, and training sessions.



BECOME A VOLUNTEER

With LeadingAge Oklahoma's Music for the Ages –
A Music and Memory ProgramSM



Volunteers from all backgrounds and age groups are welcome, and anyone may apply to become a volunteer.

Through contributions of time, energy, inspiration, and expertise, volunteers often report they receive more than they give. They gain experience, make professional connections, and feel a sense of satisfaction from knowing their time has a direct influence on older lives.



Explore your Health Care Volunteer Opportunities with LeadingAge Oklahoma

LeadingAge Oklahoma Music for the Ages – A Music & MemorySM Community Service Program



What is the LeadingAge Oklahoma Music for the Ages Program?

It is an innovative approach to dementia care that uses personalized playlists on digital music players (i.e., iPods) to reconnect older adults to the world around them. The power of music has been shown to reduce confusion for an amount of time, decrease anxiety and agitation, and bring a sense of connection. Music & MemorySM is being utilized in long-term care facilities, but can be easily incorporated into home and community settings.

To see Music & MemorySM in action, consider the story of Henry, a man living with dementia who was the subject of a video clip that became a viral sensation several years ago. <https://www.youtube.com/watch?v=fyZQf0p73QM>

The clip is part of the award-winning documentary, "Alive Inside," now available on iTunes, Netflix, and home video.

How does the LeadingAge Oklahoma Music for the Ages – Music & MemorySM Program work?

Elders or their family members are interviewed to create a list of music that is important to them. The music is loaded onto an individual music player, usually an iPod Shuffle, then staff or family use headphones or small speakers to play the music for the elder throughout the day, helping them stay active and alert while enhancing their quality of life.

How can I get involved?

Check the LeadingAge Oklahoma website for a list of nursing homes in Oklahoma that are participating in this program or email heather@LeadingAgeOK.org for help finding a home or community center near you. Contact the location to offer your assistance and suggest ways you might be able to help with a service project idea. Ask to speak with the administrator, social worker, or activities director. Be ready to share your service project requirements (hours, supervision, signatures, etc.) and to suggest ways you can be of service in LeadingAge Oklahoma Music for the Ages – A Music & Memory project.

For ideas about how to get involved, check the back of this brochure and be sure to check out LeadingAgeOK.org/Music-for-the-Ages/

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