



About the Program

Those affected with Dementia often struggle to preserve their personhood and to remain connected with their past and present while maintaining a dignified and meaningful quality of life. The Georgia Health Care Association (GHCA) wants to help ease this struggle.

Thanks to a grant from the Centers for Medicare and Medicaid Services funded by the civil monetary penalty fund, GHCA, in partnership with the Music & Memorysm Organization and other key stakeholders, will offer a Music Integration Program designed to give life to memories through music. The program encourages the involvement of family, community and staff to develop and incorporate personalized music into resident activities and caregiving. We have the potential to touch thousands of lives through the program, which will initially be available to 150 skilled nursing centers.

Current Research

Research supports the following positive effects of music on persons with dementia:

- Improved mood
- Enhanced engagement and socialization
- Which leads to:
 - Reduced antipsychotic, anxiolytic and antidepressant use
 - Fewer falls and less resistance to care
 - Calmness and less agitation
 - Heightened ability to communicate
 - More meaningful interactions
 - Greater staff efficiencies and reduced cost

Key Program Components

- Education to assist caregivers and family members to understand the effects of Alzheimer's and other types of Dementia and the potential benefits of personalized music as an integral part of resident's plan of care
- Certification in Music & Memorysm
- Training, equipment and technical support to implement Music & Memorysm program
- Instruments & speakers to integrate music into activities and bathing

Participation

Participation is available to all skilled nursing centers in Georgia on a first come basis, with an emphasis on centers that specialize in memory care or that have high psychotropic utilization rates. Participants must complete a participation agreement to initiate enrollment in the program. Please contact Tiffany Nelson, Program Coordinator at tnelson@ghca.info or 478-258-9483 for more information.

About GHCA

The Georgia Health Care Association (GHCA) is a mission driven organization dedicated to advancing quality for seniors residing in skilled nursing and assisted living centers. We provide support to over 350 providers in both rural and urban areas across the state.

