

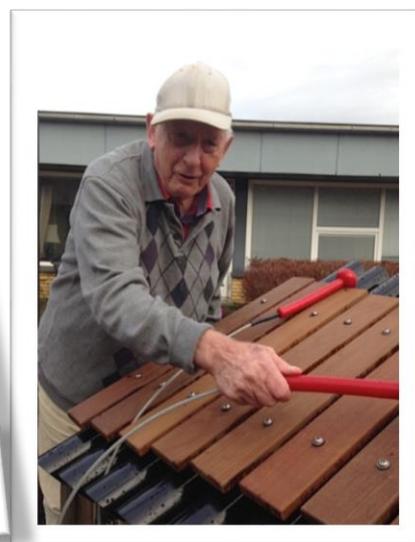
Seniorikodin pihan ulkosoittimet aktivoivat asukkaat kokoontumaan ulos!

”Kun kuulee kauniit sävelet, ei voi vastustaa olla kokeilematta soittoa myös itse”, sanoo hoivakodin henkilökunta Svenborgissa. Soittimet keräävät asukkaat ja asukkaiden vieraat ulos. ”Jotain maagista tapahtuu, kun lapsi ja seniori tapaavat soittimien ääressä” sanoo seniorikodin hoitaja. ”Kun seniori näkee lapsen soittamassa, hänelle tulee vaistomainen reaktio näyttää ja opastaa miten soittimia käytetään ja sen jälkeen soittaminen jatkuu yhdessä hymyhuulilla”.

“They’ve given us such a lot of good things, these instruments, and I’ve been really positively surprised by the effect that they have had” she says.



For example, they’re also used in rehabilitation work at the care centre. “This could be by setting a goal of being able to go out in the garden to the xylophones, or being able to raise an arm to a certain height and hitting the drum”, says Agnete. “*The therapists also take the residents out to the instruments and when they are using them for training, they don’t think about training because the instruments become a part of the relationship between the resident and the carer*”, she says.



Tehdään jotain uutta- kampanja 2015, Hampshire



In support of Dementia Awareness Week 2015 and the DoSomethingNew campaign, Percussion Play teamed up with a local Care Home, East Hill in Hampshire for a little participant-led music making session outside in the garden. Percussion Play took along a small selection of their outdoor musical instruments for a morning of musical fun in the sun with the residents.

Percussion Play Director Robin Ashfield said *“We believe music making outdoors has a unique magic not only for older residents but for the whole community of a care home, including visitors, family and staff. We wanted to be part of this special week and show there is nothing like music to bring people together.”*

The aim of Dementia Awareness Week is to improve understanding of Dementia and overcoming stigma through local events and activities. Dementia is rapidly becoming the health and social care challenge of the 21st century. Numbers affected are set to soar because of an expanding older population. There is now hard evidence to show that music participation can help those living with dementia in many ways from simply providing an interesting diversion, improving or maintaining social skills, physical ability and cognitive skills. Music making can facilitate social integration and improve communication and because it's fun it can relieve the stress and tension associated with caring for older adults and build relationships between residents, carers and staff.



In the short time we were at East Hill playing the instruments with the residents in the garden, we quickly found the music triggered some wonderful memories and it was amazing to watch the residents reminisce and bond as they shared these memories and experiences. One resident told us how she had performed with the Bach Choir in her youth (one of the finest independent choirs in the world) and told us a little of her adventures. Another resident told us he used to play in a band and another how she would play the piano at parties with her family gathered around the piano for a good old sing-song. We were also joined by several people visiting their parents at the home.

The morning turned a little cold and some of the residents were reluctant to step outside understandably, so we have left the instruments behind for a few days for the others to enjoy once the weather warms up!



Inspired by the work that they do at East Hill and because it was Dementia Awareness Week, we decided to become Dementia Friends and attended a local information session and learnt much more about what it is like to live

with dementia and how to turn that understanding into action.



Dementia Awareness Week is about encouraging people to #DoSomethingNew to spread the message that life doesn't end when dementia begins. We hope in our own small way we have contributed to this campaign and whilst doing so also had a lot of fun.

About East Hill Care Home, Liss, Hampshire