

HOW *Music* CONNECT

and Memory

According to organizations like the National Institutes of Health (NIH), music engages multiple parts of the brain that allow us to create associations, improve focus and recall, reinforce learning and retention, and strengthen neural connections.

Music and Dementia

By engaging with music, patients with Alzheimer's or dementia are able to experience:

- Boosts in happiness and calm energy
- Fostered social connections with friends, family, and caregivers
- Enhanced cognitive function, concentration, and communication skills
- Improved functional independence with activities of daily living (ADLs)

Explore more memory support resources from Life Enriching Communities (LEC) at lec.org/resources/ebooks/memory-support-resources



Music as Therapy

Music can be utilized in a variety of therapeutic ways that support a better quality of life:

- Nostalgic experiences that help us connect with others and handle life transitions
- Physical, occupational, and speech therapy that support auditory feedback, breathing, fine motor control, finger dexterity, hand coordination, mouth and voice control, posture, and tactile feedback
- Sensory experiences that can regulate anxiety, stress, and overall mood

Enhance Your Life With *Music*

Music can help establish a healthy daily routine, so here are some tips to integrate music and sounds in a more intentional way when creating playlists for your goals:

- Ambient, electronic, or white noise to create a calm, steady rhythm for work
- Binaural beats for focus or a relaxed meditative state, especially before sleeping, so the brain can process and consolidate information learned throughout the day
- Classical, instrumental, and jazz music to improve accuracy, creativity, and speed when completing tasks
- Nature sounds to reduce stress and create a sense of calm