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Music Mirrors: *Spreading the concept*

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What is Music Mirrors?

Watch this local news report on BBC Look East to get a flavour for the project:

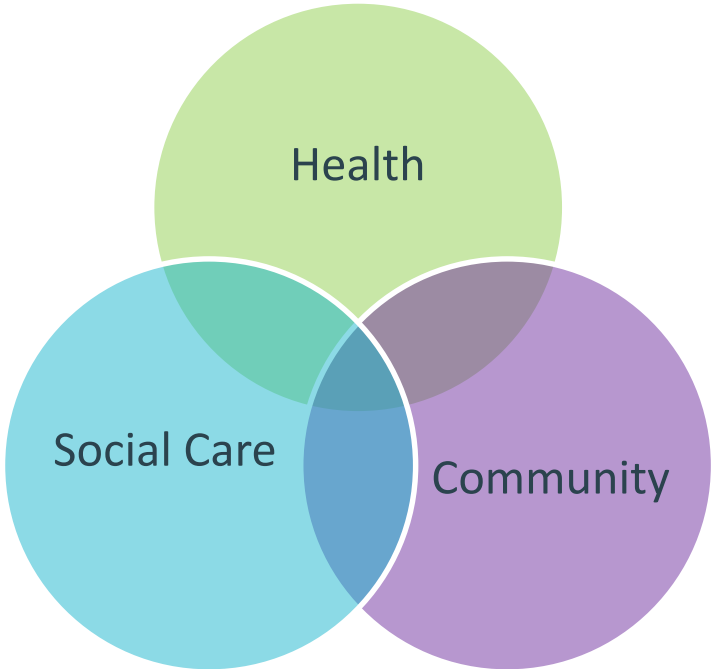


A life story resource
to trigger
autobiographical
memory using sound
and music.

Supports person centred care



Spreading the concept across South London



182



50



2



University of Zurich^{UZH}



Health Innovation Network South London

Our results

90% rated the quality and content of training as good or excellent

- 1 local authority > quality measure with Activity Co-ordinators
- Zurich university 4 year intervention study
- 7 community groups
- 1 befrienders organisation
- Care homes

“recognising the benefits of the smallest piece of information from a dementia resident that can be used to enhance their quality of life” *Care home worker*

“It is the best thing ever. It was fun making the mirror, I’ve been sitting up in bed laughing my head off – once you start going back to those times – it makes you laugh when you listen to it” *Gwen, person with dementia.*

“it will help us to give person centred care and help us to prevent challenging behaviour” *Care home worker*



Health
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We developed new resources



A 'How to' film guide step by step approach to making a music mirror



Making a Music Mirror



Making a Music Mirror is very simple. You do not need to attend a training course or be technologically savvy but you do need to have time to sit down with the person whom you are making the mirror and / or their family and friends, to find out about their life to identify personal sounds and music that trigger positive memories. Gathering the information to make the Mirror can be a one-off conversation or take place over a series of conversations.

To get started, using the topics listed below as prompts collect four or five memories that relate to sound or music (Cues), and just a few words to explain each one.

- Write the words as an email or in a format that can be shared and for each memory find a version of the sound or music on Youtube.
- Copy the Youtube link and add it the cue.

For example: I grew up near the Tyne and remember going to sleep hearing the sound of foghorns <https://www.youtube.com/watch?v=HtemA3yFCM8>

You now have a Music Mirror - that's all there is to it! Now you can:

- print out the e mail on paper as personal information;
- send and share it with family and friends, or make it available as part of a care plan;
- store the information with a secure password on the www.musicmirrors.co.uk website. The website will guide you through the process.

Topic	Memory	Description of sound or music
Where you grew up town, country, seaside? what you heard		
Family and home street games music in the house days out car journeys		
Education and work School, University and working life		
Worship and religious music		
Going out and hobbies dancing, going to the cinema, theatre, hobbies		
Listening to the radio or records, Favourite television programmes		
Things you wouldn't want to hear		

www.musicmirrors.co.uk healthnetworks.music@gmail.com Phone +44 (0)1933 452464

A 'musical memories worksheet' for relatives, friends, carers and support workers



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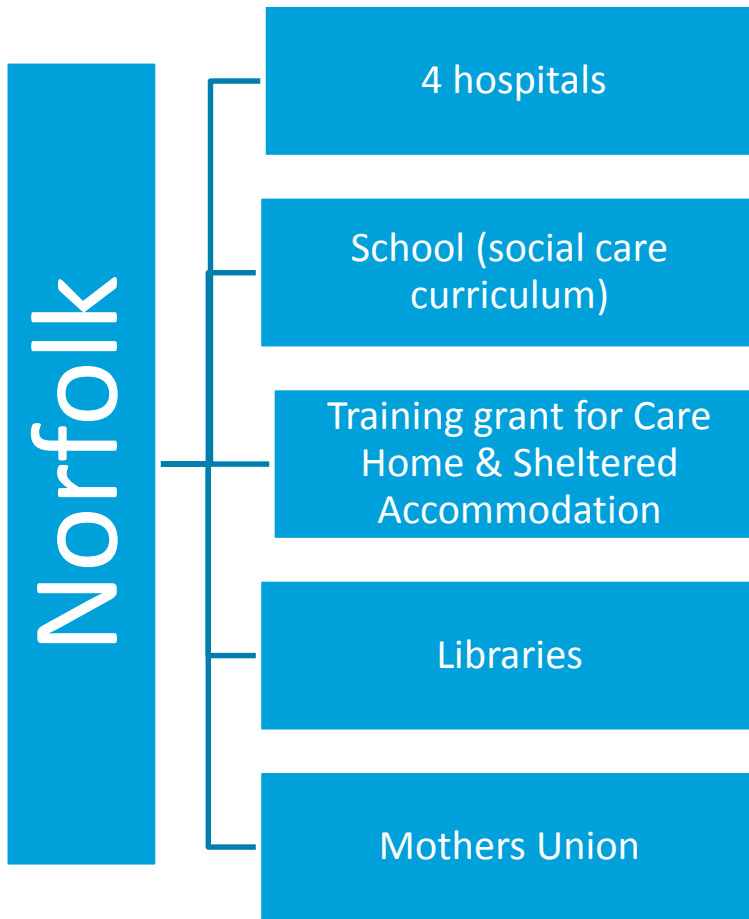
Music Mirrors 2017 and beyond



Musikspiegel



University of
Zurich ^{UZH}



Guy's and St Thomas'
NHS Foundation Trust



**Thank you
and
Questions.**