



For most of us, music is a big part of our lives, so it makes sense that music would be a big part of our community activities. Residents love performances by entertainers, sing-alongs and all the other activities where we have the boom box playing in the background. Music uplifts the spirit and makes us want to dance. These activities are wonderful, and meaningful, but they are done on a schedule and designed for broad resident appeal. The music which we or the performers decide to play is chosen to be fun and age appropriate, but not personal to the resident.

If we instead make the music selection *very* personal, and play it at the right times and for the right length of time for that *one* resident, it becomes a very powerful tool. The right music can speak to us like nothing else can. It triggers emotion and memory, and it uses different parts of the brain than other functions, like speech and movement. It can help transform their quality of life and help ease the effects of many physical and cognitive impairments. Sometimes the effects of music are subtle, and sometimes they are mind-blowing.

When utilizing the CPM Music Project, the resident may:

- Become more communicative
- Become more social
- Feel happier and less agitated
- Become more physically mobile
- Be less resistant to care
- Avoid certain triggered behaviors altogether

For the residents we serve in our communities, even the smallest improvement in any of these areas can have a big impact on their quality of life.

The CPM Music Project is designed and supported by



for use in our Caring Places communities