



## **Individualized Music For Persons with Dementia**

**Linda A. Gerdner PhD, RN, FAAN** was the first to develop and test the use of individualized music for the non-pharmacological management of agitation in persons with Alzheimer's disease and related dementias. The protocol has been tested by researchers and implemented by clinicians in the U.S., Canada, Great Britain, Sweden, Taiwan and Japan. Dr. Gerdner's evidence-based guideline was originally published in 1996 and is in its 5<sup>th</sup> edition.

### **Agitation may be as high as 90% in those afflicted with dementia and:**

- interferes with delivery of care and social interaction
- is correlated with an increased incidence of falls, delayed onset of sleep, and disruption of nighttime sleep

### **Agitated behaviors often become a major source of stress for formal and informal caregivers**

Individualized music is a simple protocol that requires minimal time and expense. It was developed to empower both formal and informal caregivers as an alternative approach to managing agitation in persons with dementia. This FREE slide presentation will teach you to:

- ♪ identify common causes of agitation
- ♪ identify early signs of anxiety that without intervention will advance to agitation
- ♪ work collaboratively with family in the assessment of music, including the inherent importance of ethnic heritage.
- ♪ deliver individualized music and evaluate the person's response.

### **This program provides FREE downloadable resources and tools that include:**

- ♪ **Evidence-Based Guideline: Individualized Music for Persons with Dementia (5<sup>th</sup> Edition) – 49 pages**
- ♪ **Quick Reference Guide: Individualized Music - 2 pages**
- ♪ **Assessment of Personal Music Preference Questionnaire (Patient Version)**
- ♪ **Assessment of Personal Music Preference Questionnaire (Family Version)**

NOTE: Following this presentation, facilities who wish training and consultation either onsite or via Skype, are encouraged to contact Dr. Linda Gerdner by e-mail ([lgerdner@gmail.com](mailto:lgerdner@gmail.com)) or phone (319-572-4131). Cost will be negotiated based on the individual needs of each facility.