



MUSIC AND MEMORYSM at the Aging and Disability Resource Center of Racine County

Music & Memory is a program for people with Alzheimer's (or other forms of dementia) and their caregivers. The caregiver-directed, in-home program is designed to help find renewed joy in life through musical favorites. Our team is trained to develop personalized playlists, using iPods.

- ❖ Beloved music helps to reduce depression and anxiety and can also moderate pain
- ❖ Musical favorites tap deep memories and can improve quality of life
- ❖ Participants are happier, more social, and more receptive to care
- ❖ Personalized music can help reduce reliance on anti-psychotic, anti-depressant, and pain medications



People like Henry, shown above, have greatly benefited from personalized music!

Interested in more information about
MUSIC AND MEMORYSM through the ADRC?

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