

Name:

Date:

Changes to behaviour

Select how frequently the person living with dementia experiences the following changes in behaviour

Agitation or anxiety

☐ Never experiences ☐ Experiences sometimes ☐ Experiences semi-regularly ☐ Experiences frequently

Withdrawal or apathy

☐ Never experiences ☐ Experiences sometimes ☐ Experiences semi-regularly ☐ Experiences frequently

Reduced verbal or social engagement

☐ Never experiences ☐ Experiences sometimes ☐ Experiences semi-regularly ☐ Experiences frequently

Resistance to care situations such as showering, dressing or eating

☐ Never experiences ☐ Experiences sometimes ☐ Experiences semi-regularly ☐ Experiences frequently

Restlessness, wandering or falls

☐ Never experiences ☐ Experiences sometimes ☐ Experiences semi-regularly ☐ Experiences frequently

Problems sleeping

☐ Never experiences ☐ Experiences sometimes ☐ Experiences semi-regularly ☐ Experiences frequently

Developing the Music Usage Plan

Challenge to Care	Playlist Recommendations*	Recommended Playlist Use
Agitation or anxiety	Tempos below 80 BPM	Use prior to known times of agitation; or as symptoms first arise
Withdrawal or apathy	Tempos between 80 and 120 BPM.	Use prior to activities which you would like to motivate the individual to engage in, or in the mornings
Reduced verbal or social engagement	Ensure music is personally relevant; tempos less than 120 BPM	Use prior to opportunities for social engagement
Resistance to care	Tempos less than 120 BPM	Use prior or during situations that cause resistance or agitation
Restlessness, wandering, or falls	Tempos less than 80 BPM	Use prior to known times of day the behaviours typically occur, or as behaviours first arise
Problems sleeping	Tempos less than 60 BPM	Use after getting into bed or if they wake during the night

*Note – All music should be selected with personal tastes and preferences in mind as detailed in Chapter 3 (Personal Taste and Preferences). Music in major keys may be preferable for many individuals, particularly those identified as at high risk of negative responses (see Chapter 1 Vulnerability to Negative Responses)