

## Music Therapy's use with Dementia/Dementia Type Disorders

- I. What is Dementia?
- II. Name 3 types of Dementia
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
- III. Name 3 treatment types currently used to treat dementia
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. Advantages/disadvantages of each method:
- IV. Define Music Therapy:
  - a. \_\_\_\_\_  
\_\_\_\_\_
- V. How music therapy is used with Dementia type disorders
  - a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_
- VI. Physical health advantages one also yields from music therapy
  - a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_

- I. Dementia definitions:
  - a. JAMA:
- II. Types of Dementia
  - a. Alzheimer's Disease
  - b. d. Vascular dementia
  - c. fronto-temporal
  - d. normal pressure hydrocephalus
  - e. Weirnicke-Korsakoff syndrome ... & more
  - f. Parkinson's disease
  - g. Lewdy Body Syndrome
  - h. Cruetzel-Jakob disease
  - i. Huntington's Disease
  - j. Mixed dementia
- III. Current Treatment Types used for Dementia
  - a. Pharmacology - medications
  - b. Pet Therapy
  - c. Occupational Therapy
  - d. Aroma Therapy
  - e. Art Therapy
  - f. Massage Therapy
  - g. physical therapy
- IV. Music Therapy: the use of music as a motivational tool for the achievement on non-music objectives.
- V. Methods of Application for Music Therapy
  - a. Producing music
  - b. Listening to music
- VI. Common uses for music therapy is being used with Dementia diagnoses:
  - b. Maintain/ Increase social skills
  - c. Maintain/increase verbal communication
  - d. Maintain/increase fine/gross motor skills
  - e. Maintain/Increase one's sense of purpose
  - f. Maintain/increase time orientation
  - g. Maintain memory /learning skills.
- VII. Why music therapy is effective:
- VIII. Health advantages from music therapy: improved sleep, decrease blood pressure, relaxation, lower pulse, mood regulator, decreased agitation and anxiety, establish more neural pathways in the brain.
- IX. Sources for information regarding Music Therapy and finding a music therapist : AMTA & CBMT  
American Music Therapy Association (301) 589-3300 [www.musictherapy.org](http://www.musictherapy.org)  
Certification Board of Music Therapist (CBMT) (800)765-2268 [www.cbmt.org](http://www.cbmt.org)
- X. Activities



# How Well Are You Thinking?

Please complete this form in ink without the assistance of others.

Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

How far did you get in school? \_\_\_\_\_ I am a Man \_\_\_\_\_ Woman \_\_\_\_\_

I am Asian \_\_\_\_\_ Black \_\_\_\_\_ Hispanic \_\_\_\_\_ White \_\_\_\_\_ Other \_\_\_\_\_

Have you had any problems with memory or thinking? Yes \_\_\_\_\_ Only Occasionally \_\_\_\_\_ No \_\_\_\_\_

Have you had any blood relatives that have had problems with memory or thinking? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have balance problems? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, do you know the cause? Yes (specify reason) \_\_\_\_\_ No \_\_\_\_\_

Have you ever had a major stroke? Yes \_\_\_\_\_ No \_\_\_\_\_ A minor or mini-stroke? Yes \_\_\_\_\_ No \_\_\_\_\_

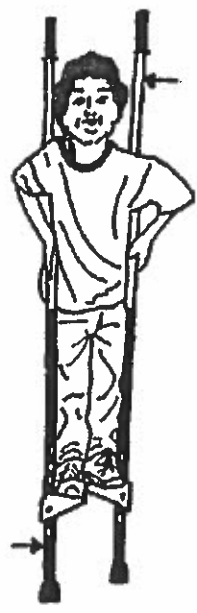
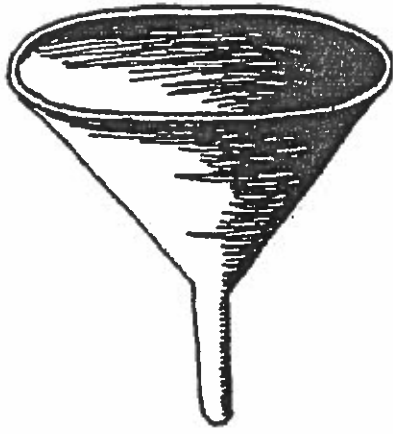
Do you currently feel sad or depressed? Yes \_\_\_\_\_ Only Occasionally \_\_\_\_\_ No \_\_\_\_\_

Have you had any change in your personality? Yes (specify changes) \_\_\_\_\_ No \_\_\_\_\_

Do you have more difficulties doing everyday activities due to thinking problems? Yes \_\_\_\_\_ No \_\_\_\_\_

1. What is today's date? (from memory – no cheating!) Month \_\_\_\_\_ Date \_\_\_\_\_ Year \_\_\_\_\_

2. Name the following pictures (don't worry about spelling):



\_\_\_\_\_

\_\_\_\_\_

**Answer these questions:**

3. How are a bicycle and a train similar? Write down how they are alike. They both are... what?

\_\_\_\_\_

4. How many nickels are in 35 cents? \_\_\_\_\_

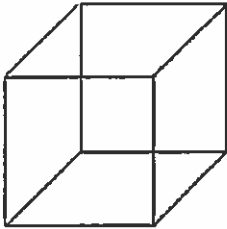
5. You are buying \$2.55 of groceries. How much change would you receive back from a \$5 bill?

\_\_\_\_\_

6. **Memory Test (memorize these instructions). Do later only after completing this entire test:**

At the bottom of the very last page: Write "I have finished" on the blank line provided

7. **Copy this picture:**



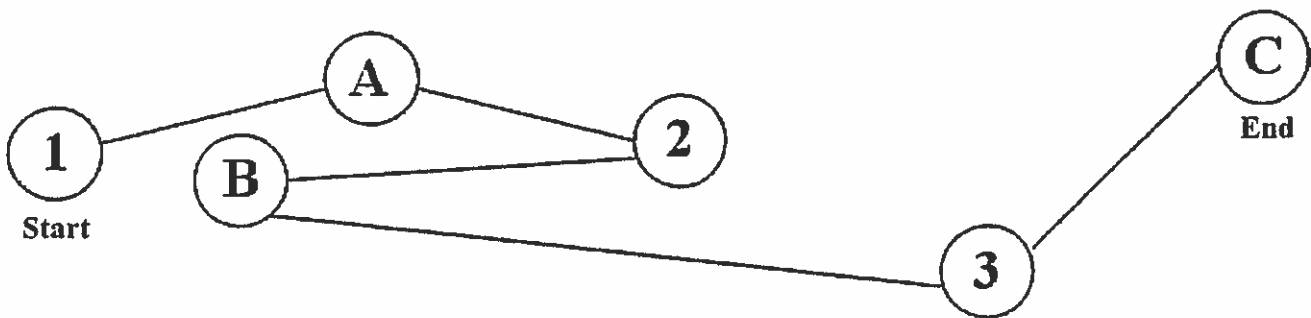
8. **Drawing test**

- Draw a large face of a clock and place in the numbers
- Position the hands for 5 minutes before 10 o'clock
- On your clock, label "L" for the long hand and "S" for the short hand

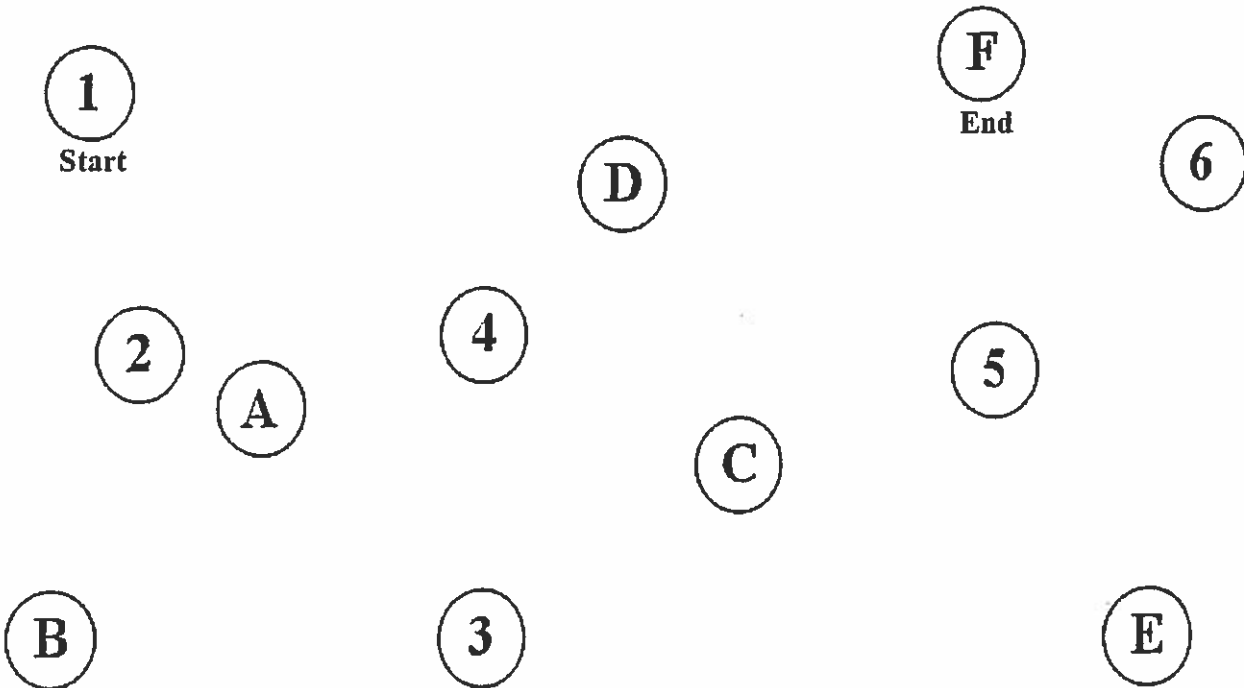
9. Write down the names of 12 different things that are found in a kitchen. Do not include food (don't worry about spelling):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Review this example (this first one is done for you) then go to question 10 below: Draw a line from one circle to another starting at 1 and alternating numbers and letters (1 to A to 2 to B to 3 to C).

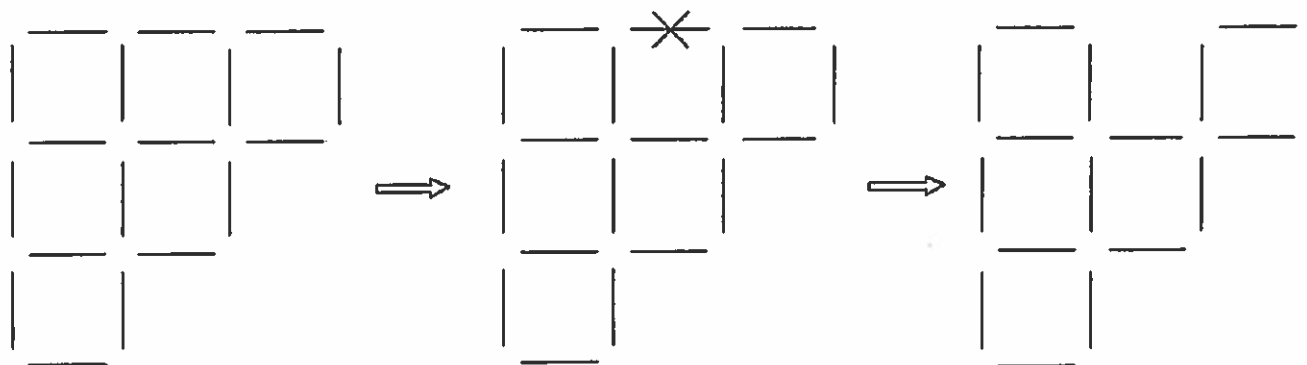


10. Do the following: Draw a line from one circle to another starting at 1 and alternating numbers and letters in order before ending at F (1 to A to 2 to B and so on).



Review this example (this first one is done for you) then answer question 11 below:

- Beginning with 6 squares
- Cross out 1 line (marked with an X)
- Leaving 5 squares
- Each line must be part of a complete square (no extra lines).



6 squares

(Example)

Cross out 1 line

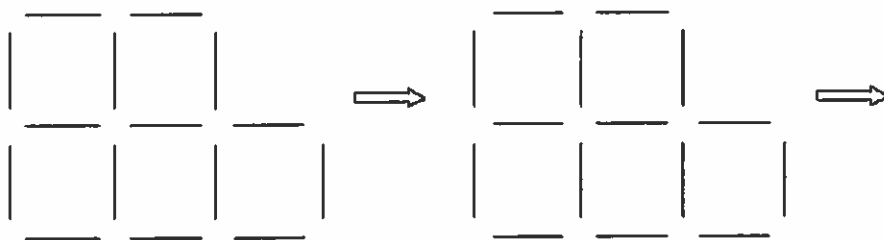
(Example)

5 squares (answer)

(Example)

11. Solve the following problem:

- Beginning with 5 squares
- Cross out 3 lines (Mark with an X)
- Leaving 4 squares
- Each line must be part of a complete square (no extra lines).



5 squares

Cross out 3 lines

Mark with an X

Draw answer here

4 squares

12. Have you finished? \_\_\_\_\_

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**Douglas W. Scharre, M.D., Scharre.1@osu.edu, (614) 293-4969**

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# I'm Glad You're In My Dash

Submitted By: Rebel Kuti  
I'm Glad You're In My Dash

I read of a man who stood to speak at the funeral of a friend.  
He referred to the dates on her tombstone, From the beginning...to the end.

He noted that first came her date of birth And spoke the following date with tears,  
But he said what mattered most of all Was the dash between those years.  
(1934 - 1998)

For that dash represents all the time That she spent alive on earth...  
And now only those who loved her, Know what that little line is worth.

For it matters not, how much we own; The cars...the house...the cash,  
What matters is how we live and love And how we spend our dash.

So think about this long and hard... Are there things you'd like to change?  
For you never know how much time is left, That can still be rearranged.

If we could just slow down enough To consider what's true and real,  
And always try to understand The way other people feel

And be less quick to anger, And show appreciation more  
And love the people in our lives Like we've never loved before.

If we treat each other with respect, And more often wear a smile..  
Remembering that this special dash Might only last a little while.

So, when your eulogy's being read With your life's actions to rehash...  
Would you be proud of the things they say About how you spent your dash?

*Author: Linda Ellis*

# MY DASH

MR./MS./MRS. \_\_\_\_\_'s

Yester-years: \_\_\_\_\_

Dreams: \_\_\_\_\_

Achievements: \_\_\_\_\_

Songs: \_\_\_\_\_

Highlights: \_\_\_\_\_