TENNESSEE
PERSON-CENTERED
MUSIC PROGRAM

Implementation Guide

TENNESSEE
ARTS
COMMISSION

Cultivate. Create. Participate.

This guide aims to help nursing home staff, volunteers and families provide individualized music to improve the quality of life of those for whom they care. In addition, training videos can be accessed at https://tnpersoncenteredmusic.org/resources/

The guide grew out of lessons learned from the Tennessee Person-Centered Music Program implemented in 78 Tennessee nursing homes over the period 2019-2023, including the COVID-19 years.

The original program was funded by a Civil Monetary Penalty grant to the Tennessee Arts Commission from the Tennessee Department of Health, then TN Health Facilities Commission, and Centers for Medicare and Medicaid Services to implement a $1 million dollar music program across the state.

Individualized music works! Program evaluation results established its effectiveness in reducing antipsychotic medication rates and behavioral symptoms associated with Alzheimer's and other related dementias, as well as simply improving quality of life.

To implement the program, the Tennessee Arts Commission partnered with the Tennessee Commission on Aging and Disability and the Tennessee Health Care Association. Additional partners who helped make this program possible are the Alzheimer's Association, Alzheimer's Tennessee, the State Long Term Care Ombudsman, Volunteer Tennessee, the Country Music Hall of Fame and Museum, Creative Aging Memphis, Music for Seniors, and SoundCorps.

The Tennessee Arts Commission is grateful for the help of all who work to use the power of music to improve life for residents of Tennessee nursing homes.
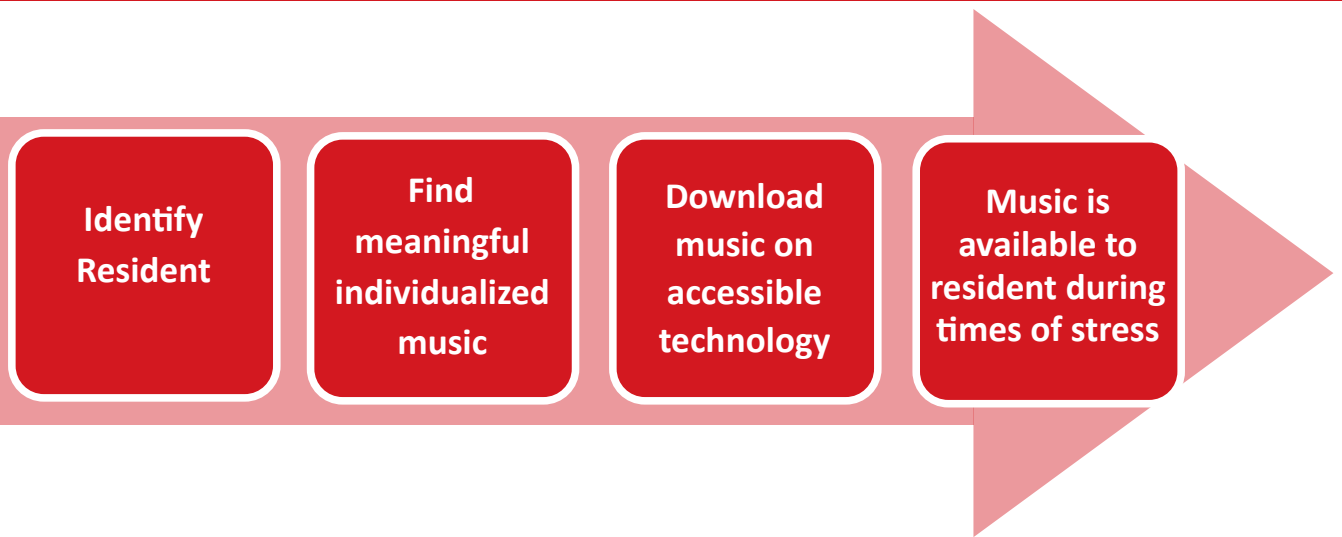
Sincerely,

Anne B. Pope
Executive Director, Tennessee Arts Commission

Table of Contents

How Person-Centered Music Works

| Identify Resident | Find meaningful individualized music | Download music on accessible technology | Music is available to resident during times of stress |

Who Benefits Most?

Residents who have been shown to exhibit any of the following, are seen as residents who will benefit most from this program.

- Alzheimer's disease and other related dementias
- Cognitive impairments
- Anxiety
- Agitation

- Depression
- Social isolation
- Non-communicative
- Music lovers

Benefits of Music

- Reduce anxiety, depression, and stress levels
- Regulate pain management
- Improve self-expression, communication, mood, and other cognitive changes
- Minimize difficult behaviors (aggression, agitation, etc.)

- Recover memories
- Reduce the use of anti-psychotic medications
- Improve quality of life
- Provid a non-pharmacological, low-cost alternative to medicine

When to use Individualized Music

Individualized music is defined as music that has been integrated into the person's life and is based on personal preference (Gerdner, 2012). Evidence shows that person-centered care using individualized music and personalized playlists have many benefits for a person living with dementia. Residents with other diagnoses may also benefit. Individualized music has been shown to work best for reducing aggressive behaviors (such as hitting, kicking, and cursing), physically non-aggressive behaviors (including restlessness, pacing, inappropriate robing, or disrobing), and verbally agitating behaviors (complaining, negativism, and repetitious phrases). Caregivers can use individualized music in the moment, as needed, or plan to use it at certain times of expected or known agitation.

Individualized music is found to be helpful during these times:
- Changes in environment (such as travel, hospitalization, or the presence of guests)
- Changes in caregiver arrangements
- Different medical conditions
- Medication interactions
- Mealtimes
- Bathing
- Times of transition
- Improving quality of life

The Tennessee Person-Centered Music Program (TPCMP) should be used any time residents need a reduction in agitation. For residents who experience agitation during mealtimes, bedtime, or other predictable times, deliver music to them approximately 30 minutes prior to when those behaviors are most likely to occur. In addition to reducing agitation, individualized music can also be helpful during times of transition and for improving residents' quality of life. Ultimately, a resident's personalized playlist should be used as a non-pharmacological, low-cost alternative to medications.

Assemble Personalized Playlists

1. Identify music that sparks joy

Contact resident or resident's family to ask --

- Does/did resident enjoy music, singing, or dancing and/or play a musical instrument?
- What are the resident's favorite types of music (ex: country, gospel, rock, classical, etc)?
- Identify resident's favorite songs, artists, and albums

A script and official "Assessment of Personal Musical Preference" forms can be found in the Appendix. .

Additional questions that may be helpful --

- What year was the resident born?
- Does the resident have hearing aids or have trouble hearing?

If offering virtual music sessions, ask --

- Did the resident respond well during virtual visitation through phones, tablets, or computers?

These questions help with getting a better idea of what music residents might enjoy and how they might respond or need assistance during their music sessions. It's important to note that, sometimes learning what a resident doesn't like listening to is just as helpful as finding out what they might enjoy. Family members might not be able to answer every question. In those instances, using a resident's birth year, preferred genres, and other recommendations from nursing home staff who know the resident well, may come in handy during the music discovery process. **Music Discovery** involves identifying and testing possible songs to include in a resident's personalized playlist.

2. Create a preliminary personalized playlist

Though there is no one way to select music for a resident's playlist, below are some various resources that can be used when simplifying the task of determining music for a resident's playlist. Start with a list of song title and/or musical artist ideas and then look for tracks that can be tested with the resident.

Recommended Streaming Services for Creating Playlists
- **Spotify** | https://open.spotify.com/?
- **Apple Music** | https://www.apple.com/apple-music/
- **Tidal** | https://tidal.com/
- **Amazon Music** | https://music.amazon.com/

**Services featured above all offer a free trial period for their use.

Suggested Resources for Finding Additional Musical Artists
- **Gnod** – Gnod acts like a search engine for music you don't know about. It will ask you what music you like and then think about what you might like too.
- **Music-Map** – a website used to explore and discover similar artists and music.
- **TPCMP's Best Tracks Playlist** – a compilation of the most played tracks from residents enrolled in the Tennessee Person-Centered Music Program.

TPCMP's Best Tracks

Below is a list of some of the program's most requested songs.

Jambalaya (On the Bayou) - Hank Williams	Respect – Aretha Franklin	My Way – Frank Sinatra
Can't Help Falling in Love – Elvis Presley	I Walk the Line – Johnny Cash	9 to 5 – Dolly Parton
I Can Feel the Earth Move – Carole King	Sweet Caroline – Neil Diamond	Lean on Me – Bill Withers
Here Comes the Sun – The Beatles	L-O-V-E – Nat King Cole	Fire & Rain – James Taylor
Rocket Man (I Think It's Going to Be A Long, Long Time) - Elton John	The Way You Look Tonight - Tony Bennett	You Are the Sunshine of My Life - Stevie Wonder

v

TPCMP recommends using a musical artist's most popular songs and albums when generating a resident's playlist. On various streaming platforms there are ways to learn about other artists who were from the same decade, genre, or specific year as the artists shared on the Assessment of Personal Musical Preference. Additionally, artist compilations have been shown to be very helpful in determining which songs are most popular by a given artist.

3. Test the personalized playlist with the resident

- Prepare 25-30 songs for each resident to play during music sessions
- Share music with resident in 3-5 music sessions of 20-30 minutes in duration
- Goal is to identify 30-50 songs that spark positive responses in the resident
- Take notes of which songs residents enjoy or respond to well

Music Response Evaluations

The Music Response Evaluation Form in the Appendix was designed as a tool for helping decide which songs will be selected to be featured on a resident's personalized playlist. These evaluations collect information about how the resident responded to the music played and includes sections where observations during music sessions can be recorded. There is also a section on the evaluation dedicated to planning for future music sessions with residents.

Common Responses to Music Encountered During Music Sessions

Positive responses to music include:

- Keeping the beat
- Imagery
- Hand movements
- Breathing in time with the music
- Meaningful conversation
- Smiling
- Mimicking playing an instrument
- Sharing memories
- Lessening of tremors
- Singing/humming
- Clapping

Negative responses to music include:

- Sadness (indicated through facial expressions and crying)
- Fidgeting
- Agitation
- If the resident is distracted
- Needing to end a music session early

At the end of the music session, take a few minutes to discuss how the resident responded to the music played and how you thought the music session went.

If residents have a hard time hearing the music, check to make sure the sound is up all the way on the device being used. If problems persist, bring headphones to use during the resident's next music session. Sometimes it takes time to learn which music residents enjoy listening to. If you find this to be the case, residents might need additional music sessions.

Withdrawing Residents

Sometimes a resident may not be a good fit for the program because they cannot hear well, do not enjoy the music as much as originally thought, or get agitated by the music. Make sure to give each resident at least two music sessions to see how they respond to the music.

Finalizing Personalized Playlists

After music sessions for a resident have been completed, refer to notes or the Music Response Evaluations to determine which songs will be kept. Sometimes looking back at notes about why a song was not kept can be helpful in determining which songs make it to a resident's finalized personalized playlist. TPCMP recommends removing songs that have not been shown to elicit a positive response after a music session with a resident. This ensures that a resident's playlist is current and updated. If you are not sure about a resident's response to a song, play it again during your next music session.

4. Purchase equipment and download songs

For a single individual, the equipment used for the 2019-2023 TPCMP program includes headphones, microSD card and reader, digital music purchases, and protection plan for coverage of any malfunctions with resident's headphones. The cost of providing TPCMP for a family member in 2023 was $158.25. This includes purchasing the headphones, microSD card, Bluetooth speaker, music purchases, of 30-50 songs and portable electronic accident protection plan covering any malfunctions with resident's headphones.

For a nursing home wanting to implement the full program, the equipment successfully used from 2019-2023 included:

• 1 External Hard Drive	$27.59
• Wireless Bluetooth Headphones	$29.89/per resident
• MicroSD Card and SD Card Reader	$10.99/per resident
• 1 Waterproof Bluetooth Speaker	$27.99
• 50 Amazon Digital Music purchases for playlists	$64.50/per resident
• USB Charging 10-Port	$27.99
• Charging Lockbox	$233.76/per 12 residents
• Alcohol Prep Pads	$12.00
• Portable Electronic Accident Protection Plan	$5.99

External hard drives serve as a backup storage space for each nursing home's music library and has all music for enrolled residents stored in one place.

Bluetooth properties allow for both headphones and speakers to be operated wirelessly and minimizes cord entanglement risk. Headphones have been selected to include an SD card slot that allows for an easy update to resident's playlists. Speakers are encouraged to be used during bathing or dressing, and when headphones are not accessible to decrease agitation in residents.

9

Equipment EXAMPLES

Charging Lock Box

USB Charging Port

Headphones

Micro SD Card

The Tennessee Arts Commission does not endorse specific vendors. The links in the document reflect vendors that have been used in the past. However, the program can be implemented using equipment from other vendors offering similar products. The list prices are from 2023 and may be subject to change. They have been included to provide some general information when considering equipment costs.

For more information or help on downloading songs, visit the TPCMP website: https://tnpersoncenteredmusic.org/

Appendix

What is the Tennessee Person-Centered Music Program?

The Tennessee Person-Centered Music Program (TPCMP) was an evidence influenced four-year grant funded program awarded to the Tennessee Arts Commission. The program equiped nursing homes with the tools to provide a therapeutic music intervention through the use of personalized playlists for residents diagnosed with dementia and other related diseases. It also worked to improve the quality of life and healthy outcomes for residents in nursing homes in Tennessee.

Individualized music is defined as music that has been integrated into the person's life and is based on personal preference (Gerdner, 2012). Evidence shows that person-centered care using individualized music have many benefits for a person living with dementia. Studies indicate that individualized music can be associated with accessing and improving autobiographical memory recall (memories about one's life), socialization, communication, positive emotions, and quality of life. Individualized music can also cause a reduction in aggressive behavior, agitation, depression and even the use of antipsychotic drugs.

Please note: Music therapy is administered by a board-certified music therapist and is an actual treatment plan with personalized goals. TPCMP provides individualized music through the development of a curated personalized playlists and can be used as a tool/resource when assisting residents.

In early 2019, the Tennessee Arts Commission was awarded Civil Monetary Penalty funding by the Tennessee Department of Health, TN Health Facilities Commission, and Centers for Medicare and Medicaid Services to implement a $1 million dollar music program across the state. The grant cycle took place between February 1, 2019 and June 30, 2023.

The program was implemented statewide bringing individualized music to 78 nursing homes for 538 residents. The program has provided music as an alternative to medicine for nursing homes reducing antipsychotic rates and behavioral symptoms associated with Alzheimer's and other related dementias.

To implement the program, the Tennessee Arts Commission partnered with the Tennessee Commission on Aging and Disability and the Tennessee Health Care Association. Additional partners who helped make this program possible were the Alzheimer's Association, Alzheimer's Tennessee, the State Long Term Care Ombudsman, Volunteer Tennessee, the Country Music Hall of Fame and Museum, Creative Aging Memphis, Music for Seniors, and SoundCorps.

The Tennessee Person-Centered Music Program (TPCMP) was adapted for virtual implementation.For further assistance, instruction and to learn more about the program, please visit https://tnpersoncenteredmusic.org/.

Health Information Portability and Accountability Act (HIPAA)

The **Health Information Portability and Accountability Act**, or **HIPAA**, is a federal patient privacy law that requires a patient's protected health information be kept confidential. The protected information includes personal, financial, and medical information. HIPAA requires Public Health Information (PHI) or Electronic Forms (ePHI) that are maintained or transmitted to be protected. This includes all information related to a patient's past, present, or future physical or mental health conditions. The information should be protected in any format if it contains any of the 17 identifiers that are listed below. It also applies to anyone who is currently alive or has been deceased for less than 50 years. Federal and State Laws require PHI to be protected, even with volunteers. Those who do not protect patient information can be personally subjected to fines and criminal penalties.

17 Identifiers of Protection

- **Names**
- **Postal address**
- **All elements of dates**
- **Telephone numbers**
- **Fax numbers**
- **Email addresses**
- **URL addresses**
- **Social Security Numbers**
- **License or certificate numbers**
- **Account numbers**
- **Medical Record Numbers**
- **Device numbers or serial numbers**
- **Health plan beneficiary numbers**
- **Vehicle license number**
- **Biometric identifiers**
- **Full face photos**
- **Any other unique identifying number, code or characteristics**

If any of these 17 identifiers of protection are included in patient information, it must remain confidential to be HIPAA compliant. The two identifiers that volunteers will come in contact with the most volunteering for the TPCMP are a resident's name and telephone number for their family member/caregiver when completing a resident's Assessment of Musical Preference.

When is information shared?
HIPAA allows sharing of information for treatment of the patient, payment, and health care options. The sharing of information is only allowed when it is required to complete tasks and only the minimum necessary to perform assigned tasks (i.e. calling families of enrolled residents and scheduling music sessions with nursing homes).

Protecting Information
Verbal, written, and electronic forms of information can be protected by following safe computing skills, allowable use and disclosure of PHI, proper storage and disposal of PHI, and reporting suspected privacy and security incidents.

Common Privacy Breaches
Privacy breaches can happen for various reasons. Some of the most common breaches can occur from talking too loudly, lost or stolen documents, laptops, cellphones, audio and/or video recording, email or faxes sent to the wrong person, or address, and not locking or leaving workstations unattended.

Reporting Privacy or Security Breaches
If a privacy or security breach of any Protected Health Information (PHI) is suspected, it must be reported immediately. It is important to remember that reporting can be anonymous, and policies prohibit anyone from retaliating against someone for reporting.

TPCMP Key Terms

Individualized Music – music that has been integrated into a person's life and is based on personal preference (Gerdner, 1992). If a resident is not able to voice their own personal preferences, family members/caregivers are able to share their knowledge.

Program Coach - nursing home staff member who is a champion for the TPCMP at their facility. Duties include completing music assessments, facilitating virtual music sessions with residents, providing residents with individualized music as needed, and teaching new staff about the program.

Music Manager – volunteers who work with nursing home staff to determine what music each enrolled resident responds to the best. Responsibilities include helping with music assessments, hosting (virtual) music sessions with residents, and completing music purchase request forms for residents enrolled in the program.

Assessment of Personal Musical Preferences (APMP)– a questionnaire designed by Gerdner, Hartsock, and Buckwalter (2000) to obtain detailed information regarding an individual's personal musical preferences and identify the importance of music in their life. Takes approximately 15 minutes to complete and includes a patient version where a resident can provide answers to the questions themselves and a family/caregiver version that can be used when residents are not able to voice their own musical preferences.

Music Response Evaluation – a handout created for the use of volunteers to prepare for music sessions with residents. Sections of the evaluation are listed as being completed before, during, and after a music session with a resident to determine which songs will be purchased for a resident's personalized playlist.

Music Purchase Request Form – a form used to assemble a list of music that will be purchased for each enrolled resident in the program at a nursing home. Form includes the names of musical artists, song titles, and purchasing links. In 2023, the final total did not exceed $65.00

Music Discovery – the process of researching recommended genres and musical artists that a resident may be familiar with.

Music Session – a (virtual) meeting where a volunteer plays music for a resident that is facilitated by nursing home staff. The goal of a music session is to determine which music a resident responds to best.

Participation Agreement (PA) – a written agreement that nursing home staff sign when agreeing to offer the Tennessee Person-Centered Music Program to residents at their facility.

Personalized Playlist – a collection of music that a resident has been shown to respond to well or enjoy.

Health Information Portability and Accountability Act (HIPAA) – a federal patient privacy law that requires a patient's protected health information confidential. Protected information

TPCMP Recommendations for Working with Individuals Diagnosed with Dementia

Early-Stage Dementia

What you may hear or see:

- Difficulty finding the right words
- May take longer to speak and respond
- Often will withdraw from conversation
- Struggling with decision making and critical thinking
- May react more emotionally than normal

How you can connect:

- Ask directly if resident enjoyed the music
- Keep the sentences clear and short
- Leave time for conversations

MIddle-Stage Dementia

What you may hear or see:

- Using familiar words repeatedly
- Losing train of thought
- Difficulty following conversation
- Speaking less frequently

How you can connect:

- Avoid criticizing or correcting
- Take time to listen
- Offer reassurance

Late-Stage Dementia

What you may hear or see:

- May begin to rely heavily on nonverbal communication
- May not engage in direct conversation
- Difficulty expressing wants and needs clearly

How you can connect:

- Use nonverbal cues and gestures
- Treat person with dignity and respect
- Respond to emotions behind statements

Nursing Home Staff Role and Duties

Program Coach Role and Duties

Purpose or Role: This nursing home staff member's role will assist trained volunteers to help improve the lives of older adults in nursing homes by (virtually) creating personalized playlists.

Position Title: Program Coach

Qualifications:
- Complete online or webinar-based training (120 minutes)
- Complete all required documents including but not limited to Participation Agreement

Essential Duties and Responsibilities
- Identify and encourage staff to participate in all aspects of the TPCMP to fully execute the program in their facility
- Identify two (2) or more Program Coaches
- Educate new staff on the TPCMP
- Interview residents and/or family members when volunteers need assistance with music assessments
- Assist with music sessions of selected residents at their facility
- Provide resident, family, and community education about TPCMP
- Incorporate the notion of assessed musical preference in each resident's plan of care after playlist has been completed
- Provide individualized music as needed and use the program in other high stress daily activities/times like meals, dressing, assisted bathing, etc., as needed
- Maintain and clean equipment

Time Commitment: Program Coaches were required to assist in completing a minimum of 5 nursing home resident's personalized playlist within a 8-week timeframe. This allowed Program Coaches to spend approximately two weeks with each resident.

Resources for Volunteer Recruitment

Volunteers have been a vital part of the success of the Tennessee Person-Centered Music Program. Each volunteer was able to support the nursing home staff and assist with implementation of the program. The additional capacity allowed the program to reach more residents and help to improve their quality of life. If your facility is interested in working with volunteers, we encourage you to use the following **free** volunteer recruitment sites to get started.

- Your facility's website
- Tennessee Serves Network - https://voltnhq.galaxydigital.com/
- Volunteer Match - https://www.volunteermatch.org/
- Just Serve - https://www.justserve.org/

When using any of the sites listed above, we recommend creating a profile for your nursing home and then generating a volunteer opportunity posting using the Volunteer Roles and Duties. This can be found on page 20 of the Appendix.

Volunteer Role and Duties

Purpose or Role: This volunteer role allows trained volunteers to help improve the lives of older adults in nursing homes by creating personalized playlists.

Position Title: Volunteer

Qualifications:
• Must be 18 years of age or older
• Pass a basic background screening
• Complete online volunteer training
• Have access to a music streaming service such as Apple, Spotify, Tidal, etc.
• Have access to a computer with a virtual platform such as Zoom, Teams, etc. with sound sharing capabilities
• Demonstrate the ability to work well with others and have a diverse appreciation for music

Essential Duties and Responsibilities
• Complete the Assessment of Personal Musical Preference (APMP) with assistance from family members, caregivers, or nursing home staff who know the resident well
• Complete the Assessment of Personal Musical Preference (APMP) with resident, if applicable
• Coordinate the best time to conduct Music Sessions for the resident with the facility's Program Coach
• Conduct a minimum of 5 Music Sessions with the resident that will last approximately 20-30 minutes and play 10-25 songs during each session
• Notate the resident's response to the music played in each Music Session
• Assemble a final personalized playlist (30-50 songs) that includes only songs from the Music Sessions that have elicited positive responses from the resident

Time Commitment: Volunteers were required to assist in completing a minimum of 5 nursing home resident's personalized playlists within a 8-week timeframe. This allowed volunteers to spend approximately two weeks with each resident.

TPCMP Checklist for Nursing Homes Implementing the Program Facility-Wide

Where to begin?
- Identify 3-5 staff members to serve as 'Program Coaches'
- Complete online training modules https://tnpersoncenteredmusic.org/

After Completing Training
- Identify residents who would best benefit from participating in the TPCMP
- Contact the resident's family members/caregivers of selected residents and using the TPCMP Family/Caregiver Call Script to complete the Assessment of Personal Musical Preference for each enrolled resident

Preparing for Music Sessions
- Create a list of music that will be utilized during music session with residents
- Each Music Session will have 25-30 songs prepared and will last 20-30 minutes. **For residents who are more progressed in their dementia, Music Sessions should last no longer than 10 minutes (5-10 songs with approximately 1 song played per minute).

During Music Sessions
- Music Sessions begin with the assistance from nursing home Program Coaches
- At least 1 Program Coach will sit in on Music Sessions, ensuring residents are comfortable and that the music playback is clear and detectable by the resident
- Throughout each Music Session, Program Coaches take notes (mental notes are acceptable) of the resident's responses and assist in monitoring any negative or positive reactions to the music

Final Steps
- Each resident's final personalized playlist will have between 30-50 songs that have been proven, during Music Sessions, to elicit positive responses
- Nursing home staff or family members/caregivers will purchase music for resident's playlists and necessary equipment
- Download residents' music and load them on to a microSD card and resident designated headphones
- Nursing Home Staff administer and provide headphones to residents as needed/requested by the resident

vNursing homes that implement the TPCMP may choose to include notations in the resident's Plan of Care. Suggested notations and F-tags are included in the Appendix.

Resources

TPCMP Script for Contacting Family Members and Caregivers

http://tnpersoncenteredmusic.org/wp-content/uploads/2023/08/Script-for-Contacting-Family-Members-and-Caregivers.docx

Assessment of Personal Music Preference (Family Version)

https://www.health.ny.gov/diseases/conditions/dementia/edge/forms/edge_project_indiv_music_assessment.pdf

Assessment of Personal Music Preference (Patient Version)

https://www.carepartnermentoring.com/music/Music Preference Questionnaire Patient Version.pdf

TPCMP Music Response Evaluation Form (Virtual) 2021

http://tnpersoncenteredmusic.org/wp-content/uploads/2023/08/TPCMP-Music-Response-Evaluation-Form-Virtual-2021.pdf

TPCMP - Bluetooth Speaker Set Up

http://tnpersoncenteredmusic.org/wp-content/uploads/2023/08/TPCMP-Handout-External-Hard-Drive-Set-Up-Usage.docx

TPCMP - External Hard Drive Set Up & Usage

http://tnpersoncenteredmusic.org/wp-content/uploads/2023/08/TPCMP-Handout-Bluetooth-Speaker-Set-Up.docx

TPCMP - Headphone Set Up & Usage

http://tnpersoncenteredmusic.org/wp-content/uploads/2023/08/TPCMP-Handout-Headphone-Set-Up-Usage.docx

TPCMP - Music Purchasing

http://tnpersoncenteredmusic.org/wp-content/uploads/2023/08/TPCMP-Handout-Music-Purchasing.docx

References

Alzheimer's Association, (2004). People with Alzheimer's disease and dementia in assisted living. Retrieved from ADALprevalence1004.pdf (alz.org)

Alzheimer's Association. (2020). Alzheimer's and dementia facts and figures. Retrieved from https://www.alz.org/alzheimers-dementia/facts-figures

Alzheimer's Association. (2021). Anxiety and agitation. Retrieved from https://www.alz.org/help-support/caregiving/stages-behaviors/anxiety-agitation

Alzheimer's Association. (2021). Causes and risk factors for Alzheimer's disease. Retrieved from https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes -and-risk-factors

Alzheimer's Association. (2021). Depression. Retrieved from https://www.alz.org/help-support/caregiving/stages-behaviors/depression

Alzheimer's Tennessee. (2020). Statistics. Retrieved from https://www.alztennessee.org/info/research-statistics/statistics

Bhattacharya, Joydeep. "Neuroscience of Musical Emotion." 6 Feb. 2017.

"Brain Structure and Function." Traumatic Brain Injury Resource for Survivors and Caregivers, web.northeastern.edu/nutraumaticbraininjury/braintbi-anatomy/brain-functions/.

Burgener, S., & Twigg, P. (2002). Relationships among caregiver factors and quality of life in care recipients with irreversible dementia. Alzheimer's disease and associated disorders, 16, pp. 88 – 102.

Caring.com, (2022). Nursing homes in Tennessee. Retrieved from Nursing Homes in Tennessee - Caring.com

Centers for Disease Control and Prevention. (2016). Alzheimer Disease. Retrieved from FastStats - Alzheimers Disease (cdc.gov)

Centers for Disease Control and Prevention. (2019). What is dementia? Retrieved from https://www.cdc.gov/aging/dementia/index.html

Centers for Disease Control and Prevention. (2022). Nursing Home Care. Retrieved from FastStats - Nursing Home Care (cdc.gov)

Centers for Medicare and Medicaid Services. (2013). New data show antipsychotic drug use is down in nursing homes nationwide. Retrieved https://www.cms.gov/newsroom/ press-releases/new-data-show-antipsychotic-drug-use-down-nursing-homes-nation wide

Cowdery, J. E., Wang, M. Q., Eddy, J. M., & Trucks, J. K. (1995). A theory-driven health promotion program in a university setting. Journal of Health Education, 26(4), 248–250.

Crosby, R. A., Kegler, M. C., & DiClemente, R. J. (2009). Theory in health promotion practice and research. In R. J. DiClemente, R. A. Crosby, & M. C. Kegler (Eds.), Emerging theories in health promotion practice and research (2nd ed., pp. 4–17). San Francisco: Jossey-Bass.

Dementia.org, (2015). Early-onset dementia. Retrieved from [Early-Onset Dementia](#)

Fowler, K. (2019). The future of nursing home care in the US. Retrieved
     https://www.nursinghomes.com/the-future-of-nursing-home-care-in-the-u-s/

Fritz, Thomas, et al. "Universal Recognition of Three Basic Emotions in Music."
     Current Biology 19, 2009.

Gerdner, L. (1992). Effects of individualized music on elderly patients who are confused
     and agitated. Master's thesis, University of Iowa, Iowa City.

Gerdner, L. (2005). Use of individualized music by trained staff and family: Translating
     research into practice. Journal of Gerontological Nursing, 31 (6), pp. 22 – 30.

Gerdner, Linda A. Evidence-Based Guideline: Individualized Music in Persons with Dementia
     (6th Edition). Alzheimer's Research & Therapy Open Access, 2019.

Gerdner, Linda A. Use of Individualized Music by Trained Staff and Family.
     CE Article, June 2005.

Glanz, K., Rimer, B. K., & Viswanath, K. (2008b). Theory, research, and practice in health behavior and health education. In K. Glanz, B. K. Rimer, & K. Viswanath (Eds.), Health behavior and health education: Theory, research, and practice (4th ed., pp. 23–40). San Francisco: Jossey-Bass.

Hoe, J., Hancock, G., Livingston, G., & Orrell, M. (2006). Quality of life of people with dementia in residential care homes. British journal of psychiatry, 188, pp. 460 – 464.

Knight, Andrew J., et al. Music Therapy: An Introduction to the Profession. American Music Therapy Association, 2018, pp. 319-340.

Ktmoelle. Taste In the Brain. Ktmoelle, 6 Oct. 2017, askabiologist.asu.edu/taste-brain.

Logsdon, et al. (1999). Quality of life in Alzheimer's disease: patient and caregiver reports. Journal of Mental Health and Aging, 5, 21 – 32.

Mayo Clinic. (2019). Alzheimer's stages: how the disease progresses. Retrieved from https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzhei mers-stages/art-20048448

McKenzie, J. F., Neiger, B. L., & Thackeray, R. (2017). Chapter 14 Evaluation approaches and designs. In Planning, implementing, and evaluating health promotion programs: A primer (pp. 379). New Jersey, NJ: Pearson.

McKenzie, J. F., Neiger, B. L., & Thackeray, R. (2017). Chapter 13 Evaluation: an overview. In Planning, implementing, and evaluating health promotion programs: A primer (pp. 353). New Jersey, NJ: Pearson.

McKenzie, J. F., Neiger, B. L., & Thackeray, R. (2017). Chapter 4 Assessing Needs. In Planning, implementing, and evaluating health promotion programs: A primer (pp. 69-103; 78-79). New Jersey, NJ: Pearson.

McKenzie, J. F., Neiger, B. L., & Thackeray, R. (2017). Chapter 6 Mission statement, goals, and objectives. In Planning, implementing, and evaluating health promotion programs: A primer (pp. 138). New Jersey, NJ: Pearson.

Merriam, et al. (1988). The psychiatric symptoms of Alzheimer's disease. Journal of American Geriatric Society, 36, pp. 7 – 12.

Rosenstock, I. M. (1966). Why people use health services. Milbank Memorial Fund Quarterly, 44, 94–124.

Simons-Morton, B., McLeroy, K. R., & Wendel, M. L. (2012). Behavior theory in health promotion practice and research. Burlington, MA: Jones & Bartlett Learning.

Teri, L., Wagner, A. (1992). Alzheimer's disease and depression. Journal of Consulting Clinical Psychology, 3, pp. 379 – 391.

TENNESSEE
PERSON-CENTERED
MUSIC PROGRAM

The Tennessee Person-Centered Music program was funded by a Civil Monetary Penalty grant to the Tennessee Arts Commission from the Tennessee Department of Health, then TN Health Facilities Commission, and and Centers for Medicare and Medicaid Services to implement a $1 million dollar music program across the state.

To implement the program, the Tennessee Arts Commission partnered with the Tennessee Commission on Aging and Disability and the Tennessee Health Care Association. Additional partners who helped make this program possible are the Alzheimer's Association, Alzheimer's Tennessee, the State Long Term Care Ombudsman, Volunteer Tennessee, the Country Music Hall of Fame and Museum, Creative Aging Memphis, Music for Seniors and SoundCorps.