

# Impressions

## MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

### Tips for Reconnecting with Your Loved One through Music Therapy

Studies have shown that music can improve the mood and overall well-being of your loved one with Alzheimer's disease and other forms of dementia. Specifically, music can increase your loved one's cognitive functioning, reduce agitation and anger, and limit common behavioral issues such as violent outbursts.

Experts agree that it is best to choose music that reminds your loved one of their younger days and happier times in their lives. The [Alzheimer's Association](#) suggests several ways you can incorporate music therapy into a plan of care for your loved one at home.

- **Choose Music from Happy Times** – Identify music that's familiar and enjoyable to your loved one. If possible, let them choose the music.
- **Set the Appropriate Mood** – Use music to create the mood you want. For example, a tranquil piece of music can help create a calm environment, while a faster paced song from your loved one's youth can boost their spirit and evoke happy memories.
- **Encourage Socialization** – Singing along and movements such as clapping and dancing can add to the enjoyment. You can join in the fun, too.
- **Limit Interruptions** – Choose a source of music that isn't interrupted by commercials, which can cause confusion. Try an internet radio like Pandora or use an iPod or CD player.
- **Avoid Over Stimulation** – Eliminate competing noises by shutting windows and doors and by turning off the TV. Make sure the volume of the music is not too loud.

#### Engaging Days. Meaningful Moments.

Loved ones with Alzheimer's disease or other memory impairments require [specialized care](#) and support. They also deserve a lifestyle rich in dignity and fulfillment. Our brand-new **Impressions Memory Care at Bryn Mawr** community provides residents with *Engaging Days* and *Meaningful Moments* that [emphasize individual abilities](#), encourage [socialization](#) and promote the highest level of [independence](#) possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If, and when, the time comes to seek additional help, place your trust in **Impressions Memory Care at Bryn Mawr**. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again. For more information, please call **Sharon** at **484-380-5404**, or visit us online at <http://www.impressionsmemorycare.org>.