

Tennessee Tech University's Whitson-Hester School of Nursing  
is pleased to offer the Improvement of Quality of Life for Nursing Home Residents initiative to your  
organization through the MUSIC & MEMORY® Program.

Thanks to a grant from the Center for Medicare and Medicaid Services, we have the potential to impact  
many lives through the Civil Monetary Penalty Quality Improvement opportunity.

## What is Music & Memory?

Music & Memory is an organization-wide, internationally recognized, evidence-based, personalized music program that uses digital players to provide a broad scope of benefits to individuals with a wide range of cognitive, intellectual and physical challenges. Music & Memory promotes the recall of memories that inspire a renewed sense of self and personhood for participants, fulfillment of purpose for their caregivers, and deepened connections for family.

## Please View These Introductory Videos:

Get the Music & Memory Advantage [click here to view](#)

Nursing Assistant Introduction to Music & Memory: [click to view](#)



## What are some of the benefits?

- ✓ Aging in Place - prolonging placement, reducing hospitalizations, need for acute care, and re-admissions
- ✓ Positive mood enhancement and social engagement
- ✓ Delirium reduction
- ✓ Pain reduction and pain perception reduced
- ✓ Calmer and supportive environment
- ✓ Enhanced communication (verbal & non-verbal)
- ✓ Greater participation in activities and therapies with enhanced outcome attainment
- ✓ Relationships among staff, participants, and family deepen and become less stressful
- ✓ Caregiver confidence improves and caregiver stress decreases
- ✓ Improved self-feeding and nutrition with less choking behaviors and enhanced swallowing
- ✓ Staff regain valuable time previously lost to behavior management issues, resistance in ADL's, and medication complications/side effects, etc.
- ✓ CMS Regulations Standards Compliance
- ✓ Learn more by visiting [www.musicandmemory.org](http://www.musicandmemory.org)

## What does the grant gift include?

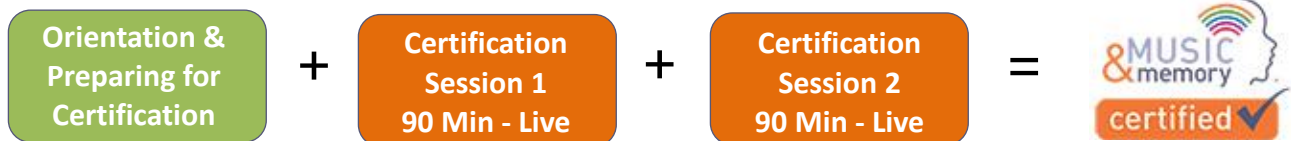
- Orientation, Training and Music & Memory Certification for your organization for one full year.
- Annual renewal for continued access to all that Music & Memory has to offer for 2 additional years.
- Abundant Music & Memory resources and support to establish and sustain the program.

- Equipment and music set-up for 25 residents offered in 4 segments for a potential total of 100 residents participating. Each segment of equipment and music for 25 requires criteria be met which includes interdisciplinary team requirements, leadership engagement, program impact data reporting, etc.

### Each Skilled Nursing Center will be required to:

- Sign a Participation Agreement outlining roles and responsibilities, for leadership and staff, use of Music & Memory resources, Music & Memory program branding/name, etc.
- Provide timely reporting of required data used to measure program impact for resident participants and each center.

### Music & Memory Program Training:



- **Orientation & Preparing for Certification.** Deborah Ferris, Regional Director for Music & Memory, provides live webinars to review these necessary steps to prepare for certification training. Ensure that your primary contacts, leadership and interdisciplinary implementation team participate. Orientation webinar dates and registration links will be provided separately.
- Open and print the *Preparing for Certification Guide* ([Click Here](#)) for your review. The foundational steps within the guide are vital to success and will be discussed in Orientation/Preparing webinar.
- **Certification Training.** Once leadership and the team have completed one of the above orientation/preparation webinars and have determined they're ready to implement the program, you'll be provided with detailed information to register and participate in the two 90-minute Certification training sessions necessary to become a Music & Memory Certified organization. Students and volunteers are also encouraged to complete this training.

**iTunes & Playlist Training  
Recorded & Available  
On-Demand**

- **iTunes & Playlist Training.** A third training is required for staff persons, students and volunteers who will be working with playlist creation and technology aspects of the program. This training is recorded and available on demand. It will be discussed in Certification training sessions and will be available anytime following Certification via Care Community, Music & Memory's private, program support website.
- Once your organization's Certification trainings are complete, the organization will have access to resources, services and support that will assist you in implementing this program. These include:
  - Access to the **Music & Memory Care Community**, a private website that contains an array of information and resources created by Music & Memory staff and gathered from thousands of communities around the world that have successfully implemented the program. A written **Implementation Guide** with 5 easy to follow **Action Plan Worksheets** that outline the steps in program implementation.
  - Access to Music & Memory support to help guide your implementation efforts. Your Music & Memory Regional Director is: Deborah Ferris [dferris@musicandmemory.org](mailto:dferris@musicandmemory.org).
  - Monthly topic-based webinars led by a Music & Memory representative and attended by other communities using the program. Topics covered may include how to incorporate Music &

Memory into a care plan and how to utilize volunteers to support the program. There is no additional cost to participate in these optional monthly training webinars.

- Access to videos that can be used for in-service trainings
- Access to recorded, on-demand Certification and other trainings for additional staff and volunteers.

### **Want to get to know Music & Memory even better? More Videos:**

Henry: <http://www.youtube.com/watch?v=fyZQf0p73QM>

Lamar University Nursing School – Texas “Be the Change”

<https://www.youtube.com/watch?v=xrZJFHMrfHo>

Reducing Antipsychotic Medications -Texas Department of Aging – Story of Hope

<https://www.youtube.com/watch?v=wjSVY3kf9S8>

New South Wales – Largest Hospital System in Australia

<https://www.youtube.com/watch?v=A91cx0b3lbw>

### **Have Questions About This Grant Opportunity?**

- Whitson-Hester School of Nursing - Grant Facility Coordinator:

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