



After participating in the *Dementia Care Giver training program* at *Alzheimer's Association NYC Chapter* with Nancy Hendley; I witnessed first hand the unique challenges and stress levels of many professional care givers.

Following this, I crafted a version of my **Stories Love Music** program (that I usually facilitate with residents with Alzheimer's and Dementia); for their care givers, nurses and health aides. I then conducted this workshop program for Professional Care Givers at *The Alzheimer's Association NYC Chapter* and what I witnessed was powerful.

Care givers have stories that should be heard too. Part one of my workshop has a very specific purpose, the care givers receive a stress releasing self care experience by telling their stories and sharing their musical influences and receiving the same musical interaction that the residents receive in my sessions. In part two of this workshop the care givers will learn the components of these sessions. How to engage their residents musically and verbally. And how this engagement and prompting brings the story telling. We learn that to musically interact with residents, you don't have to be a singer, just willing to share their love of music. The verbal prompting exercises in the workshop, improve quality of contact and connection with their residents, deepening communication and listening skills, which allows them to better assess their resident. This will not only bring enjoyment and support to their residents, but will help them manage their reactive emotions, disruptive behavior and cultivate tools to bring relaxation and enjoyment.

Stories Love Music's contribution is twofold. 1. It provides respite and self-care for the care givers, allowing them time to join together musically. 2. Connecting the caregivers with their own most meaningful songs, allows them to understand the importance of music for the person with dementia.



Tools for Improvements:

- *Care Givers gain self care skills that improve their relationships with each other and the residents, which in turn will improve staff burnout, turnover, sick time rate and health insurance usage.
- *Care Giver is empowered with tools for managing reactive emotions of residents and decreases use of restrictive behavior.
- *Strengthens team building for care givers.

***Stories Love Music examines “The role of narrative in medicine”:**

- *Care givers and health practitioners becoming expert listeners
 - *Deciphering meandering thought voices vs. direct voice
 - *Side by side listening and storytelling critical to understanding health of person
 - *Reflection from verbal prompts
 - *We can recognize true stories when we have told one
 - *Needing deep & risky conversations to reclaim the healthy self from abyss of illness.
 - *The art of communication
- * A follow up workshop is also available to hear how they put this into practice- a refresher and affirmation of their meaningful work.