



Dementia Toolkit – Keep a sense of purpose

# The power of music



**Dementia Toolkit**  
Living your life with hope



## Keep a sense of purpose

### The power of music

As Stevie Wonder sings in 'Sir Duke': "music is a world within itself, with a language we all understand." Music is very important to many people's experiences of dementia and in this booklet, we want to explore the power of music.

In this booklet you will:

- Hear from Paul and Tommy (who both live with dementia) about how they use music
- Hear about a song specially created for our research project
- Be linked to Music and Dementia and other resources



**I'm a musician so I play the piano, clarinet, and play music with my wife. We go to a nearby chapel every week to play music together. It is a great way to keep my mind active.**

A person with dementia speaking to our researchers



## Music and dementia advocacy - meet Thred CIC

Paul Hitchmough and Tommy Dunne BEM both live with dementia and are two of the Co-Directors of Thred CIC in Liverpool. The other Co-Directors are Pat Broster and Louise Langham, both of whom cared for their mothers. Thred aims to be the agent of change with and for people living with dementia to reduce social isolation.

To find out more about Thred go to: <https://www.thred.org.uk/>



## Brave New World

Paul Hitchmough and Tommy Dunne BEM create music together. Having heard their music online, the IDEAL project decided to commission them to write a song about our research. 'Brave New World' is the result and we are delighted to share it with you.

You can listen to the song and watch the video here: [bit.ly/BNWsong](https://bit.ly/BNWsong)

If you want to sing along to 'Brave New World' then you can download the lyrics here: [bit.ly/BNWlyrics](https://bit.ly/BNWlyrics)



Paul has created many more songs, sometimes with Tommy, sometimes with other collaborators too. You can listen to more of Paul's music here: <https://www.gotohitchmough.com/>

## Music for Dementia

Music for Dementia is a national campaign to make music a key part of dementia care. Their website is full of resources and tips for how you could bring music into your life with dementia.

You can visit the Music for Dementia website here:

<https://musicfordementia.org.uk/>

Music for Dementia have also created M4D radio. This is a group of 5 themed radio stations which play free music 24 hours a day. M4D has

- no adverts
- the chance to choose your decade
- music intended to evoke memories

The website also has advice on how to use M4D with Alexa.

You can visit M4D here: <https://m4dradio.com/>



**I listen to and download music via my Apple phone. I also use the Shazam app to recognise music.**

A person with dementia speaking to our researchers



This resource is on the internet. Scan the QR code below to visit the webpage.





## Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing

**IDEAL@exeter.ac.uk**

If you prefer to write to us, then please address your letter to:

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