

# Music and dementia – the facts



## Dementia numbers are rising...

There are approximately

# 885,000

people with dementia in the UK. [1]



# x2

By 2040 this figure is predicted to almost **double** to **1.6 million**. [1]



**209,600** people will develop dementia this year, that's

# 1 every 3 minutes

 [3]

There are nearly **700,000** unpaid carers for people with dementia. [2]

**70%** of people in care homes have dementia or severe memory problems. [3]

There are over **42,000** people under 65 with dementia in the UK. [3]

**25,000+** People from black, Asian and minority ethnic groups in the UK are affected. [3]

## Living well with music:



Music helps **improve** overall health and wellbeing – lowers stress-related hormones, maintains cognitive health, encourages social and communication skills, and physical health through movement.

Music can help to

# reduce

heart rate, blood pressure and anxiety.



Music can **trigger** the brain to release chemicals such as endorphins that distract the body from pain.

Singing is good for you. Residents who took part in a music therapy choir more than **doubled** their quality of life scores whilst **halving** their depressive symptoms. [4]

## The magic of music:

4 key areas are

# improved

by music based interventions for people living with dementia: general attention, cognition, memory, speech and communication skills. [5, 6, 7]



## The costs:

Dementia **costs** the UK

# £34.7bn

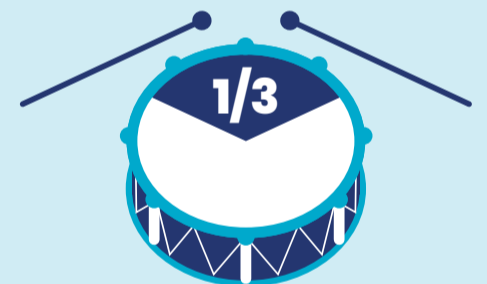
every year. The health and social care costs of dementia are more than those of cancer and chronic heart disease combined. [1]



**Two thirds** of the cost of dementia is paid for by people living with dementia and their families, through unpaid care and care home fees. [3]

Unpaid carers save the UK economy **£13.9bn** a year by supporting someone with dementia. [1]

Playing a musical instrument in older adulthood may help to **reduce** the risk of developing dementia by more than a **third**. [8]



## Music works:

Music therapy has been shown to be the **best** type of therapy for **reducing** the behavioural and psychological symptoms of dementia. [9]

Music therapy **reduces** agitation and need for medication in **67%** of people with dementia. [10]

Through regular singing, depression levels can be **reduced** by **40%** in care settings. [11]

Singing in residential care homes can **halve** anxiety. [11]

The ability to process, respond to and engage with music remains **intact** however severe the dementia.



## The numbers:

For every **£1 invested** in the Silver Lining music and dementia project, the social **ROI was £1.93**, a

# 93% increase

 [12]


Music therapy is the **most cost effective** way to alleviate agitation in care homes. Up to

# 35 times less expensive

when compared with many other therapies and interventions. [13]

*“When delivered effectively, music gives carers and loved ones an avenue through which to sustain relationships and share experiences and can help to minimise the often-upsetting symptoms of dementia such as agitation, anxiety and depression. Moreover, it can help to improve a person’s wellbeing and quality of life.”*

Co-Chair of All Party Parliamentary Group on dementia, Baroness Greengross

[1] Raphael Wittenberg, Bo Hu, Luis Barraza-Araiza, Amritpal Rehill, Projections of older people with dementia and costs of dementia care in the United Kingdom 2019–2040; 3, 3–6. [2] Alzheimer’s Society 2018, Struggling in Silence [3] Alzheimer’s Society (Online). [4] Ahessy, B. (2016). The Use of a Music Therapy Choir to Reduce Depression and Improve Quality of Life in Older Adults – A Randomized Control Trial. Music & Medicine. 8.17–28. [5] Särkämö T, Tervaniemi M, Laitinen S, et al. Cognitive, emotional, and social benefits of regular musical activities in early dementia: randomized controlled study. Gerontologist. 2014;54(4):634–650. [6] Lord TR, Garner JE. Effects of music on Alzheimer patients. Percept. motor skills. 76. 451–5. 10.2466/pms.1993.76.2.451. [7] Brotons M, Koger SM. The impact of music therapy on language functioning in dementia. J Music Ther. 2000; 37. 183–195. 10.1093/jmt/37.3.183. [8] Balbag A, Pedersen N and Gatz M. Playing a Musical Instrument as a Protective Factor against Dementia and Cognitive Impairment: A Population-Based Twin Study. International Journal of Alzheimer’s Disease Volume 2014, Article ID 836748. [9] Abbraha I, Rimland JM, Trotta FM et al. Systematic review of systematic reviews of non-pharmacological interventions to treat behavioural disturbances in older patients with dementia. The SENATOR-OnTop series. BMJ Open 2017;7:e012759. [10] All-Party Parliamentary Group on Arts Health and Wellbeing, Creative Health: The Arts for Health and Wellbeing 2017, Older Adulthood, Music 8.6.4, 133. [11] Houston, DM, Mckee KJ, Carroll L & Marsh H (1998) Using humour to promote psychological wellbeing in residential homes for older people, Aging & Mental Health, 2:4, 328–332. [12] Hegarty, S (2012) Adult and Community Learning Fund Forecast of Social Return on Investment of Silver Lining at The Sage Gateshead. [13] Livingston G, Kelly L, Lewis-Holmes E, Baio G, Morris S, Patel N, et al. A systematic review of the effectiveness and cost-effectiveness of sensory, psychological and behavioural interventions for managing agitation in older adults with dementia. Health Technol Assess 2014;18(39).