

5 ways to use singing

Music is a powerful way to connect and communicate with those living with dementia. We've put together some top tips on how you can use singing as part of the vital care you provide.

Don't worry! this isn't about being a perfect singer, this is about the power of music and song to connect in the here and now.



1

Need a change of mood?

Singing a line or two from a favourite song can help change moods – pop on the song and sing along or just sing a couple of lines. It can lift mood, provide a distraction or create focus. Be playful maybe add some movement, clap along, try and make eye contact.

2

Making connections

It's scientifically proven that singing with other people helps to improve wellbeing, both for the person living with dementia and those caring for them. Visit our [singing map](#) to find local singing groups or choir and start making connections.

3

Go with the flow

You might start out singing a line or two from a favourite song but don't worry if it becomes something else – go along with it and be playful – you've got a real connection going on in the moment and you are connected in the here and now. Don't worry if you mix up the lines from a song to a different melody you are still singing and connecting together.

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4

Going somewhere?

Transitions can be difficult – be it going somewhere new for the first time or going to an appointment. Singing along to a favourite song in the car or singing as you're getting ready to leave the house can be a useful distraction and a motivator to get ready and out the door.

5

Need some reassurance?

Singing a much-loved song together can bring about instant connection and reassurance. Using a gentle voice, perhaps holding hands, sitting close by each other, singing a song that comforts and reassures, is like a musical hug and helps someone to feel heard and seen and can help to reduce feelings of anxiety, confusion, and distress.

Not sure about the name of a song but you can hum or sing it? Try out apps such as [Shazam](#) which tell you the name of the song and the artist. If you're not sure of the words to a song, streaming services such as [Spotify](#) have the lyrics running as the song is playing or you can find lyrics online.

Singing is good for us! And we like to do it – be that in the shower, at the tops of our voices with others, or quietly to ourselves to reassure and comfort.

Get singing!

