



Music isn't a nicety, it's a necessity for people living with dementia

To those whose lives are touched by dementia now, and in the future,

In the UK alone, more than 850,000 people are living with dementia. That figure is rising every day and predicted to reach over 1m by the end of 2021, and over 2m by 2051.

Anyone who loves or cares for someone living with dementia, knows the pain of losing someone bit by bit as the condition takes hold.

There is no cure but there is something readily available and easily affordable that can help.

That thing is music.

Decades of research prove that music has a unique power to:

- Reduce the need for anti-psychotic medication by up to 67%
- Reduce the behavioural and psychological symptoms of the condition (such as anxiety, agitation, and depression)
- Provide a channel for communication with family members and carers
- Enable people to connect with themselves and those around them
- Enhance and enrich quality of care
- Create meaningful moments of joy

Music for Dementia, is the cross-sector campaign to make music a routine part of dementia care.

We already include more than 200 organisations from the NHS, care sector, third sector and music sector plus thousands of individual supporters, many with lived experience.

All over the country there are pockets of excellence, where GPs are prescribing music, musicians are leading dementia choirs and music therapists are providing specialist services. Carers and individual families are discovering the difference that can be made to the life of someone living with dementia, by choosing the right song or piece of music at the right time.

Music is the powerful, but as yet underused tool for supporting people living with dementia and must become an integrated part of dementia care.

Music for Dementia is calling for greater collaboration between government, the music sector, health and social care and communities working at the grassroots to ensure that everyone living with dementia has access to music as part of their dementia care.

This means:

- Raising awareness of the power of music through TV programmes such as Our Dementia Choir to reach all families with life-changing information
- Embedding music into all dementia policies including the national dementia strategy
- Support for health and social care providers to include music as part of the care they offer
- Greater funding for initiatives such as dementia choirs, live music making sessions and music therapy

We need to reimagine dementia care through the power music.

Now is the time, for all those who can, to step up and play their part in putting dementia care at the top of the agenda again. It will mean people with dementia and those caring for them receive the quality of care and support they deserve to live as well as possible with dementia.

Let's make this happen together. Add your voice to the campaign today by signing up here.