

MUSIC FOR DEMENTIA FACT SHEET

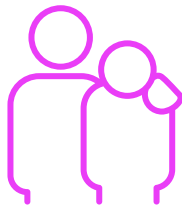
Music for Dementia is a campaign funded by The Utley Foundation calling for the integration of music into dementia care. Music is a proven and cost-effective tool to improve the lives of people living with dementia and make care easier. Music for Dementia is a proud member of the Power of Music Consortium. References are hyperlinked and a full list is available on request.

DEMENTIA – THE NUMBERS



More than **944,000 people live with dementia in the UK**. 1 in 11 people over 65 people in the UK living with dementia.[1]

There are around **700,000 unpaid carers** for people living with dementia in the UK. 40% of family carers experience significant depression or anxiety.[2]



Every 3 minutes, someone in the UK develops dementia.[3]

Around **3% of people living with dementia are from BAME communities** - around 25,000 people. This number is expected to double by 2036, with the steepest increase expected amongst South Asian Communities.[4]



Carers UK report that **82% of carers say the impact of caring on their physical and mental health** will be a challenge over the next year and 47% of carers say they need more breaks.[5]



THE COSTS

The **cost of dementia** to the UK is forecast to be **£42 billion by 2024** increasing to £90 billion by 2040. This includes roughly £21bn on unpaid care, £17bn on social care and £7bn on healthcare.[11] **63% of costs are shouldered by people with dementia and their families.**[12]



Social prescribing programs (including music based activity) can ease pressure on the NHS by reducing GP appointments, A&E visits and hospital admissions.[15]

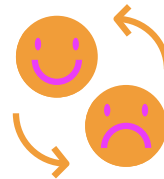
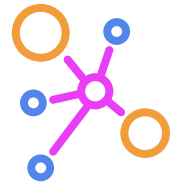
LIVING WELL WITH MUSIC

When polled, **47% of dementia carers felt that music can help reach a loved one and turn the day around.**[6]



In one study, **music reduced the need for anti-psychotic medication in 67% of people living with dementia**. This creates economic benefits due to the **associated costs of administering these drugs.** [7,8]

Repeated listening to personally meaningful music can stimulate '**neural connectivity**' in ways that maintain higher levels of functioning.[9]



Researchers at the University of Toronto found that listening to personally meaningful music can help boost the brain function in patients with mild cognitive impairment or early Alzheimer's disease.[13]

Music can reduce behavioural symptoms of dementia such as agitation and aggression. It can also improve quality of life, mood and reduce depression. Cost-effectiveness was powerfully demonstrated in one care setting in Scotland which **reduced the use of anti-psychotic medication by up to 60% in some residents when the GP prescribed a personal playlist** as the first intervention staff should try when managing the symptoms of dementia such as agitation and distress.[10]



A **World Health Organisation (WHO) study** found evidence of multiple specific **benefits of music for dementia including reducing anxiety and depression**; supporting cognition, speech and memory, reducing the need for antipsychotic drugs and fewer and shorter stays in hospital.[14]



Through regular singing, depression levels can be reduced by 40% in care settings.[16]



For every **£1 invested in the Silver Lining music and dementia project, the social ROI was £1.93, a 93% increase.** Music therapy is the most cost effective way to alleviate agitation in care homes. Up to **35% less expensive when compared with many other therapies and interventions.** [17]