



Music Memory Box Care Home Case Study

Deerhurst Brunelcare rated
Outstanding by CQC

The Impact

“There are lots of things on the market today that aren’t easily accessible and not easy for people to learn how to use. So I think because of its simplicity I would definitely recommend other care homes to look at them.” – Leslie, Deerhurst Home Manager



6 residents over 2 months had a Music Memory Box:

People living with dementia reported:

*Reduction in anxiety and confusion
Increase in sense of identity
Increase in independence
Improved wellbeing and quality of life*

The families reported:

Better connection to loved one

Reduced Frustration

Visiting loved ones more regularly

Improved quality of life

One year after the pilot Deerhurst are re-using the prototype boxes with another six residents as well as pre-ordering another five.

The Setup

Deerhurst care home in Bristol is an outstanding QCC rated home with 66 residents. Two thirds of which are currently living with dementia. After a one-hour training session with the care home manager, activity organisers and home care staff, they then chose six residents to test prototype boxes and feedback on the affects.

The Lead Activity Organiser introduced the boxes to residents in groups of two at a time. All the residents were at different stages of dementia, from just after diagnosis to later stage. Residents also had mixes of dementia, e.g. dementia with Parkinsons. Following the introduction care staff and families then gradually helped them to fill out the Music Memory

Box Guide book that comes with Music Memory Box where they could start thinking about particular songs or objects they would want to include in their boxes.

“There’s a huge relationship building, it’s great for communication, and to see how people are lit up or moved to a really deep sense... people have been really taken to another place and another level of experience. So I would say they are absolutely brilliant and a really good experience” – Jane, Lead Activity Organiser

The Effects

This led to conversations with one resident John who spoke about his wife and her love of “serious music”. He also started interviewing other residents about their favourite songs and playlists. John was previously a radio broadcaster and before Music Memory Box had been withdrawn, not often interacting with other residents.



Another resident Steve has Alzheimer's Disease as well as Parkinsons. His speech was becoming gradually more limited, until recently he hasn't been able to say anything. With his wife Monica a Music Memory Box was set up and for one particular song Temma Harbour, triggered by a miniature palm tree, Steve starts humming along, grins and reaches for his wife's hand. It reminds him of the time they lived in Ghana together early in their marriage.



David was another Music Memory Box user who had a great experience, rediscovering his love of Glenn Miller with his daughter Gill, that led to reminiscing and her being reminded just how funny he is – how important not just music but words and humour were to her dad throughout his life. She said, *“It gave me the most important moment of the last six months of my*

father’s life” dancing with him to the music from the box.

Families also visited their loved ones more often as the Music Memory Box became a point of focus for visits. They could discuss memories and have a sing or dance, making visits more enjoyable especially around occasions like birthdays and holidays. Children have learnt more about their parents, by filling the box, and they've reconnected rich conversations and created new memories together.

The care staff also reported that residents using Music Memory Box were easier to care for. It reduced aggression, anxiety and confusion, leaving them happier and more content even at difficult times like washing and sundowning.

The Measures

We ran 2-month long pilots with 5 residents, which was part of a larger 28 box pilot. We did pre- interviews, mid interviews and post interviews. The mid interviews were things about the product feedback. Each box had a guide/ notebook alongside it for families and care staff to write down what worked and ideas for music and objects. One of the residents had no family help in creating the box and had just as good results as the other residents. All staff and family members recommended the box for other care homes to buy.

The Press



During our successful Kickstarter campaign to get Music Memory Box into production we had some great media coverage.

[BBC World Service](#)

[Daily Mail](#)

[Good News Network](#)

[Yahoo News](#)

[Evening Standard](#)

Awards



Next Steps

Visit musicmemorybox.com to find out more or get in touch at info@studiomeineck.com