

## Ideas for when to use music:

- Try music at the start of the day to help relax muscles and prepares for activities of the day
- Play music when there may be feelings of anxiety, agitation, restless, irritability, confusion, disorientation and/or anger to help ease these feelings.
- Play music 30-60 minutes prior to bedtime to aide in transitions to sleep
- Try playing music prior to and during appointments or therapy sessions to stimulate participation and reduce anxiety
- Personalized music can help with transitions from home to locations such as grocery store, restaurants, family gatherings, etc.



*Find renewed meaning  
and connection  
through the gift of  
personalized music!*





## WHAT IS MUSIC AND MEMORY?

Music and Memory brings personalized music into the lives of people living with dementia to improve quality of life.

Music provides an opportunity to reconnect with the world through music-triggered memories and joy.

La Crosse County Aging & Disability Resource Center has partnered with the La Crosse Public Library to bring this free program to residents of La Crosse County.

## HOW DO I PARTICIPATE?

Call the Aging & Disability Resource Center of La Crosse County. If you live in La Crosse County and are in your own home or home of a family caregiver (not-facility based), You will be referred to the program coordinator at the La Crosse Public Library who will meet with participants to complete a simple music interest questionnaire.

### Questions or to learn more about the program?

#### Contact:

La Crosse County ADRC  
608-785-5700  
[www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc)



## THE BENEFITS

Personalized music has been found to be beneficial in a number of ways for persons living with dementia and cognitive concerns.

It has been proven successful in reducing anxiety, calming feelings of agitation and inspiring purpose, meaning and memories!