



+Music

Music is very therapeutic and finding the song that people enjoy is the key. Invite small groups of people to talk about the music they enjoy.

This could be music to dance to and/or to sing to.

So often we hear about care settings playing the same old songs and presuming that just because someone is of a certain age that they must love Vera Lynn! I am sure some do but some will be too young and will enjoy different music.

I went to visit my husband's grandmother and they had some music playing in the lounge. Of the 14 people there, I think maybe only two were singing along. I sat and spoke to a few of the residents about the music and asked them what they liked. Some said "not this rubbish"; give me something with a beat so I can have a dance. I had a look at the collection and found a Beatles CD. They all agreed that they wanted me to put that on instead. Wow! The lounge came to life, with people dancing and singing! It was great, even the staff got involved.

Have a look at some of the songs listed below. It is a good idea to think about when people were in their late teens or early 20s when thinking about music choices.



Top pop songs over the years:

1945 Lover Man (Oh Where Can You Be) Billie Holiday	1960 It's Now or Never <i>Elvis Presley</i>
1950 I Can Dream Can't I? The Andrews Sisters	1965 (I Can't Get No) Satisfaction The Rolling Stones
1955 Ain't That A Shame <i>Pat Boone</i>	1970 Bridge Over Troubled Water Simon & Garfunkel

+Think

YouTube is a great place to look; people may remember the name of the singer but not the name of the song. Search on YouTube for songs and play them for everybody to hear.



+Music – Name that Singer

- Use these photographs as conversation starters.
- Who are the singers in the pictures?
- Find photographs of residents' favourite singers.

