



Prioritising Wellbeing

Top Tips for Weekly Musical Activities Family Carers and Friends

Listening to 'live' music can be very engaging for many people and generate an exciting atmosphere. This needn't be just limited to an evening at a concert or the theatre. Perhaps you can encourage your relative to sing to or with you, or maybe you have some hidden talents of your own.

Linking music to other activities at home. The type of music listened to can also be selected to tie in with other events during the day, such as films or musicals that might be being shown that week either at local cinemas or on the television. Comparing pieces of music can be an engaging activity. Discussing how listening to different music can make you feel or comparing the same piece played by different performers is a worthwhile activity.

Creating music:

Playing instruments

Instruments for fun music can be bought relatively cheaply without needing to be 'toys'. These can include tambourines, xylophones, drums, triangles, and shakers.

Take time to show your relative how to play the instrument and make the sound, don't assume they will all know what to do with it if you just give them it. Demonstration is generally more useful than explanation.

Some people may want to learn a piece of music. Or others may just like to play along to a piece of music or sing a song to play to.

Alternatively, just have some 'free flow' music fun and see what emerges.

Choir

You may be able to go along to a local community choir. Music and song books can be bought in larger print for easier reading. Being part of a choir can bring about strong feelings of belonging and solidarity. Think about involving your relative, they may not engage immediately but over time might become more confident.

Making instruments to play

There are lots of ways to make your own musical instruments that could be played together to form your own 'home-made' orchestra. Using things such as dried rice, lentils or peas in plastic bottles or tubes can create easy and effective instruments. There are some more ideas below which may be more suitable for those who struggle to hold or grip anything heavier.

Musical quizzes at home

There are lots of easy ideas for musical quizzes. You could also invite others to join in such as other family members or friends or neighbours.

Name that Tune

This must be one of the best known quizzes and is easy to replicate. This is one instance where the modern technology can help you to replicate any popular music based game. Or you could even do it 'live' with someone playing the piano (if you have one) or another instrument. The idea of the quiz is to play small sections of the music and then guess who it is, it is important that if only two of you are applying it's just fun and non-competitive. You may need to give clues as well.

Song quiz

In this quiz you can give your relative the first line of a song and ask them to guess the title. You could also ask them to guess who sang and ask them to sing as much as they know of it or have the words ready printed to sing along to (be aware if your relative finds reading difficult as they may feel embarrassed).

First line

Title of song

In Dublin's fair city	Cockles and Mussel
Come, come, come, and make eyes at me	Down at the Old Bull and Bush
Hark when the night is falling	Scotland the Brave
And did those feet in ancient times	Jerusalem
Picture yourself in a boat on a river	Lucy in the Sky with Diamonds, The Beatles
Oh, we ain't got a barrel of money	Side by Side
You can dance, you can jive, having the time of your life	Dancing Queen, Abba
Wise men say only fools rush in	Can't Help Falling in Love, Elvis Presley
Yeah! Baby when you see me coming. Yeah!	Bachena Ae Haseeno (Hindi song)
O whither away my bonnie May	Loch Lomond

Those with high levels of dependency

If your relative requires a high level of care or are cared for in bed they can still be included in music activities. Here are some ideas how to include them:

- Ensure all the necessary facilities are in place for them to listen to music in their room.
- Ask other relatives and friends to join them in their room to listen to music with them or watch musical films when they are visiting.
- Sit and talk to them about their favourite music and take pictures, books, or props to show them.

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

