



Stimulate deep emotional recall

Music & Memory

This complimentary program provides portable music players to individuals with a memory loss diagnosis.

The players are filled with the individual's favorite songs, a process either done by an SIU team member or the individual's family or friends.

Why is this beneficial for someone with Alzheimer's?

Even for persons with severe dementia, music can stimulate deep emotional recall. While recall and memory for recent names, places, and information can be compromised, memories from earlier years can be well-preserved.

Favorite music or songs associated with important personal events or eras can trigger memory of lyrics. Often the experiences or emotions that were once connected to the music are retrieved. Beloved music often calms chaotic brain activity and enables the listener to focus on the present moment.

A documentary about Music & Memory, *Alive Inside*, explains the history of the program — you can also visit www.musicandmemory.org to learn more.

To learn more information about the program:
care@siumed.edu or 217.545.5698



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