

KEEP MOVING AT HOME

Music & Movement ideas for people living with dementia & their carers

Music & movement stimulates the brain and the body and makes you feel better, you can dance anywhere, anyhow and any time.....

If you are supporting someone who is living with dementia it is important to encourage movement because it will; improve their mood, offer them an opportunity for self-expression, unlock their memories, feelings and perception, as well as maintaining or improving physical fitness. It is also a fun activity that can be done together, overall improving quality of life.

This pack will give you some ideas for movement and music activities that you can do at home, either standing, seated, or, with the support of a chair back or wall.

YOU WILL NEED

- ▶▶ Enough space to move in, if you intend to stand check that there is nothing on the floor to trip over
- ▶▶ A chair, if you want to do seated activity, with space around it to move your arms and legs
- ▶▶ A stereo or music player and some music

CHOOSE YOUR MUSIC

Music is everything, it will stimulate memories, choose music to move to that the person living with dementia loves.

Here are some of the favourite pieces of music or artists requested in my classes;

- The Carpenters – Top of the world
- Elvis – Jailhouse Rock
- Doris Day – Perhaps, Perhaps, Perhaps
- Frank Sinatra – You make me feel so young
- The Beatles – I want to hold your hand
- The Beatles - Yellow Submarine
- Cliff Richard – Summer Holiday
- Rod Stewart – Sailing
- Queen – We will rock you
- Beyond the Sea – Bobby Darin
- 9 to 5 – Dolly Parton
- Que Sera – Doris Day
- You make me feel so young – Frank Sinatra
- The Loco-motion – Kylie Minogue

Sing-along songs such as;

- Bring me sunshine
- Daisy Daisy
- You are my sunshine
- My bonnie lies over the ocean
- Delilah
- Somewhere over the rainbow

MOVEMENT ACTIVITIES

All these activities have suggestions of music to accompany you, however, these are only suggestions and it is important to choose a piece of music that is inspiring to you.

Don't forget all these activities can be done seated or standing and you can choose as few as one activity or do a few of them together depending on how much time and energy you have.

WARM-UP

It's always good to warm-up your body, here are a few simple things you can do;

Start seated with small gentle movements;

- Circle the wrists and wiggle the fingers
- Circle the shoulders upwards and backwards
- Lift the shoulders up and down
- Gently and slowly twist the body looking from right to left
- Tap the toes on the floor in time to the music
- Swing the arms as if you are going for a walk
- Do some gentle marches
- Reach down to the floor at the side of your chair as if you were picking something up from the floor

Music suggestion: '9 to 5' by Dolly Parton

GET CREATIVE & GET MOVING

PUT ON YOUR SUNCREAM

Imagine that you are putting on suncream to go to the beach, massage the suncream into your body, your face, arms, tummy and legs.

Massage the suncream into each other's backs.

Go for a walk to the sea, dip your toes in, have a swim, then apply more suncream.

Music suggestion: 'Summer Holiday' by Cliff Richard

DANCE WITH A SCARF

Each person holds a coloured scarf in their hand, stand or sit opposite each other and move the scarf to the music, mirroring each other as if you were looking into a mirror at your reflection.

Let one person be the leader and the other person be the follower, swapping over when you feel like it.

Let the music dictate the speed and quality of the way you are moving the scarf.

Try to move the scarf on different levels, reaching up high, down low and side to side.

Music suggestion: 'Songbird' by Eva Cassidy

CREATE BODY RHYTHMS

Use your feet and/or hands to move along to the rhythm of the music.

Try stamping, clapping your hands together and clapping different parts of the body eg. thighs, chest.

Try to keep the rhythm consistent and in time with the music.

You can choose to move fast or slow.

Music suggestion: 'We will Rock You' by Queen

TIP:

Cross body movements such as crossing the arms, touching or reaching the right side of your body to the left and vice versa, stimulates both the left and right side of your brain and helps to improve brain health.

DANCE WITH FABRIC

Find a blanket, sheet or largish piece of fabric that you can hold between you.

Move the fabric, make ripples like the waves of the sea with it, go fast, slow, high and low.

Swing the fabric from side to side in time with the music.

Waft the fabric up and down.

If you are standing, try turning with the fabric and winding in and out of the fabric.

Music suggestion: 'Beyond the Sea' by Bobby Farin

Tip:

Pushing and pulling between people helps to form a connection, especially if mobility is limited.

DO THE TWIST

Stand or sit opposite a partner and hold hands, either one hand or both hands.

Respond to the music by twisting and turning each other around.

To do the twist keep your knees soft and swivel on the balls of the feet, sending your hips from side to side in a twisting motion.

Try twisting low and twisting up high by bending your knees more.

Stretch and reach your arms in different directions.

If you are standing, try adding some turns, you can turn each other and go around each other.

Music suggestion: 'The Twist' by Chubby Checker

Did you know?

Dance and movement improves overall wellbeing because it loosens you up physically and stimulates the senses.

COOL DOWN

Finish with some gentle stretches to make you feel good.
Here are some seated stretches you can do:

Hold each stretch for a slow count of 8 and remember to keep your breathing even.

SIDE STRETCH

Sit with your back straight on the front half of your chair, keep your bottom planted on the chair and reach down to the side as if you were going to pick something up from the floor.
If you want to, you can extend your top arm up to the ceiling to increase the stretch.

Repeat this on the other side.



TRUNK TWIST

Sit up straight and put your right hand on your left knee and your left hand on the back of your chair, twist your torso and look over your shoulder.

Repeat this to the other side.



BACK OF LEG STRETCH

Sit on the front third of your chair and extend one leg out so it is straight in front of you. Lean forwards keeping your back straight until you can feel a stretch in the back of your leg.
If you want to you can lift your toes towards you.

Do this stretch on both legs.



BACK OF ARM STRETCH

Extend one arm forwards with your palm facing upwards, bend your arm and pop your hand on your shoulder.

Use the other arm to lift the bent arm upwards and gently support it.

Push the arm as high as feels comfortable for you, you should feel a gentle stretch but no pain.

Repeat this with the other arm

Did you know?
Dance and movement triggers memories because it creates social interaction and is familiar.



CHEST STRETCH

Reach both arms towards the back of the chair and gently push your chest forwards and look up towards the ceiling.

Make sure that you are not crunching your neck as you look up.



Did you know?
Dance and movement reduces anxiety and agitation because it can engage people without speaking, when there is no pressure to speak it can be relaxing.