

Case Study – Bupa Care

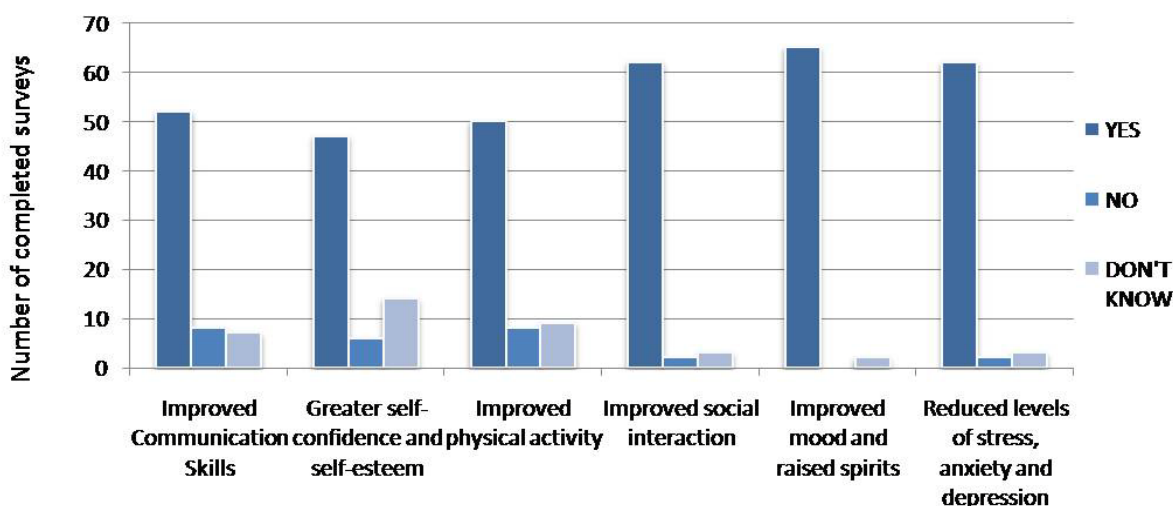
Bupa Care and Music in Hospitals are working together on a 3 year project to provide 300 special live concerts per annum in residential and nursing homes caring for older people throughout the UK. *The Musical Memories Project*, funded by a grant from Bupa Giving, aims to bring the joy and therapeutic benefits of live music to more than 7,500 older people in Bupa Care Homes and numerous non-commercially owned care homes throughout the country.

Each concert provides a social yet intimate occasion where people in care homes can enjoy the therapeutic benefits of live music as well as socialise, relax, share their memories and spend quality time with relatives and visitors.



“One gentleman was sitting back with his eyes closed and conducted along to the music – he seemed to be in a different place, very relaxed and enjoying the concert. Another lady was very disruptive before the concert and was yelling out for a nurse. She began to calm down as Chinara played the violin to her.”

The following outcomes have been achieved to date:



Our musicians worked sensitively to involve their audience in the music and encouraged them to participate and contribute to the concert. There was an opportunity to try new things and learn about the different instruments and the background of particular songs and pieces of music. This led to discussions on music and the exchange of anecdotes, helping to improve communication skills, confidence and self-esteem.

“Our residents, mostly in the last stages of dementia, have little or no attention span. However, they found the artists fascinating and I’ve never seen such a positive reaction before.”

The concerts offered a comforting mix of stimulus, reminiscence and enjoyment for older people in care and provided an opportunity for interaction and gentle exercise. This natural form of physiotherapy proved especially beneficial for residents with limited mobility. Residents, staff and relatives came together to share in the enjoyment of the live music, breaking down age, language and cultural barriers and strengthening bonds within each care home.

“I was overwhelmed when I saw the wonderful reactions our residents had to John and Beryl’s performance. It was absolutely fascinating to see the effect that live music had on them and to hear such positive feedback from our residents and our employees.” (Siobhan Drane, Bupa Care Homes Community Affairs Consultant)