

Listen to classical music



Objective:

The aim of this activity is to provide a moment of relaxation for the elderly. The aim is also to create a calm atmosphere and promote well-being through music.

Description of how to do the activity:

- Create a quiet and comfortable environment where the older person can sit or lie down in privacy.
- This could be in their room, a communal seating area, or anywhere else they feel comfortable.
- Choose calm classical music that is intended to promote relaxation. Examples of such composers and works include:

1. Ludovico Einaudi https://youtu.be/j1Ck42-_btY?si=xtr2BfFqnBGU3bd0
2. Johann Pachelbel <https://youtu.be/lgh68Swuak0?si=lnOZnin1cFhMwt2P>
3. Erik Satie <https://youtu.be/S-Xm7s9eGxU?si=RYiyZUgOqavKJTPK>
4. Claude Debussy https://youtu.be/CvFH_6DNRCY?si=S1sp3OU8-HQFnkY4
5. Bach, Weber, Chopin, Tchaikovsky
<https://www.youtube.com/watch?v=2msvAy8073I>

- Start the selected classical music and ask the participant to listen carefully. Encourage them to relax, breathe deeply and focus on the soothing tones of the music.
- After the music has been played, the elderly can sit in silence for a while and gradually return to their surroundings.

What is needed to perform the activity:

- An audio source, such as a CD player, music player or computer with appropriate music.
- Headphones if needed to create a more private music experience.

Time: Short

Activity: Calming

Fellowship: Alone



This activity can vary in length depending on the wishes of the elderly. The music session can be as short as a few minutes or as long as an hour, depending on the person's comfort and interest. Recommended time for the activity is 15 minutes.

This activity is intended to be done alone to create a personalised and relaxing music experience. It can be a time for the elderly to enjoy peace and quiet in their own company.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal