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 required:

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.

Alone or in a group:

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.