

Memories through music



Objective:

The aim of this activity is to promote social interaction, create fellowship and encourage older people to share their memories and feelings related to music. The activity aims to create a meaningful experience through music and culture.

Description of how to do the activity:

Preparation:

- Gather a group of older people in a comfortable and suitable environment, such as a communal gathering place in a nursing home or retirement home.
- Prepare a playlist with a varied mix of songs covering different time periods and genres.

Introduction and memory sharing:

- Introduce the activity to participants and explain that they will listen to music and share their memories and feelings related to the songs.
- Play the first song from the playlist.

Discussion:

- After the song has been played, start a discussion where participants share their memories and feelings about the song.
- Ask if they have any particular memories or events related to the song and how it affected them.
- Repeat the process of playing different songs from the playlist and allowing participants to share their memories and feelings.

What is needed to carry out the activity:

- A music player and speakers to play the music.
- A varied playlist with songs from different time periods and genres.
- Comfortable seating for the participants.

Example of a music list that can be used to evoke memories:

<https://youtu.be/u0tDuV-blak?si=TfSAqLI1YNtNW2gH> (1950)

<https://youtu.be/2y5DHRHLOHo?si=sYj0DclZphO-MWbU> (1960)

https://youtu.be/n_JxdNUqVKw?si=MDU0quLO774Sq63I (1970)

https://youtu.be/Enbvc1_dGgl?si=ToH-nxwNwb2qyVow (1980)



Time required:

The duration of the activity can vary depending on the number of songs played and the length of the memory sharing and discussions. A session can be as short as 30 minutes or longer if participants are engaged and want to continue sharing their memories. T



Alone or in a group:

The activity is done in a group. This music activity gives older people an opportunity to connect music with memories and create meaningful discussions about their life experiences. It is a creative and therapeutic activity that promotes social interaction and sharing of life stories.

To help older people remember and share their memories during a music activity, the following questions can be used to generate discussion:

1. What was your first experience of this song?.
2. What feelings or memories does this song evoke in you?
3. Do you have any special events or memories associated with this song?
4. What other songs or artists remind you of this period in your life?
5. What were your favorite songs or artists when you were younger?
6. How has your taste in music changed over the years?
7. Do you have any funny or unexpected stories related to music?
8. What is your all-time favorite song, and why?
9. What music experiences have you shared with your loved ones?
10. What is something new or interesting that you have learnt through music?

These questions can help elderly to open up and share their musical memories and life stories. The activity aims to create meaningful conversations through shared memories and emotions.

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