

Alzheimer Foundation London and Middlesex Scholarships in Alzheimer's Related Research

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Lay Summary

With the increasing incidence of dementia and Alzheimer's disease in our aging population, there is a growing need for interventions that can enhance cognitive functioning in aging adults. The use of music and music therapies in patients with dementia has been gaining popularity as a cost-effective, easy-to-implement method to improve quality of life, and recently, researchers have begun exploring music's cognitive benefits. The proposed project aims to characterize the relationship between music and cognitive functioning and to apply this knowledge to create better interventions for patients living with dementia and Alzheimer's disease.

Statement of Interest

We face the growing challenge of dementia and Alzheimer's disease as we continue to live longer than the generation before us. I have not lost anyone to these diseases yet, but it is likely that they will reach their way into my life. The thought of a loved one losing access to their memories and their cognitive function terrifies me. But I am in a position to do something about it.

Music has been a central part of my life since I was very young, and the ability to affect the lives of others through research has always been a goal of mine. As a graduate student I have been fortunate to be able to couple my love of music with my passion for neuroscience research. Now, I can use this powerful pairing to conduct research that could have a profound effect on others.

There is strong evidence to suggest that music has a positive impact on the lives of people living with dementia and Alzheimer's disease. I have been able to witness these effects first hand as a volunteer with the Alzheimer Association London and Middlesex. However, neuroscientists do not yet fully understand the mechanism through which music works to improve memory and cognitive function. By better understanding how music affects cognitive functioning I can harness the power of music to design targeted music therapies for patients living with dementia and Alzheimer's disease.