

Intergen Music Program



Northern Beaches
DEMENTIA FRIENDLY
COMMUNITY PROJECT



What is the Intergen Music Program?

The Intergen Music Program is an initiative of the Northern Beaches Dementia Friendly Community Project. We are seeking three schools in the Northern Beaches to participate in a pilot intergenerational education and music therapy program. The program is designed for students in years 3-6 who are involved in Choir.

The Northern Beaches Dementia Friendly Community Project was initiated by Your Side Australia in 2018. Our goals are to provide education and promote awareness about dementia and dementia friendly communities. During 2018-2019, 142 students from three Northern Beaches schools participated in the Intergen Music Program.

How does the program work?

Students will be asked to participate in three sessions.

Dementia Friends session: A 30-minute face-to-face education session. Students will receive a certificate and badge that says: 'I am a dementia friend'.

Session two: Visit a local aged care facility during December and carry out a 20-minute Christmas choral performance. Students then share morning tea with the residents and give each resident a Christmas card. This session will take up to two hours.

Session three: Visit the same aged care facility during April and carry out a 20-minute choral performance. Students then share morning tea with the residents and give each resident an Easter card. This session will take up to two hours.



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Who organises the program?

The program is organised and run by the members Northern Beaches Dementia Alliance, a committee of partners, including Your Side Australia. All participating Alliance members hold current Police Checks and Working with Children Clearance.

The Alliance will:

- deliver the 'dementia friends' education program and provide certificates and badges for all participating students
- liaise with schools and local aged care facilities to organise visits
- organise and fund transport for students to and from aged care facilities
- provide morning tea for students and residents
- facilitate guided conversation between students and residents during each visit
- present a certificate of participation to the school following completion of the program



What is the role of the school?

- Nominate a contact person to liaise with the Alliance members. This should be the same person who will also attend both aged care visits.
- Provide a space for the 'Dementia Friends' session that has capabilities for a presentation with sound
- Prepare and coordinate 2 x 20-minute choral performances.
- Allocate representatives (staff/parents) to assist with supervision during the aged care visits
- Complete a short online survey following each session for all adults (parents/staff) in attendance.
- Assist students to complete a short survey following each session



How much will it cost?

The Intergen Music Program is funded by the Northern Beaches Council so there is no cost to schools to participate.

What will the students learn in the education session?

The students will learn about:

- What happens to someone with dementia?
- Why do people get dementia
- How can I help someone with dementia?



The session also includes the Dementia Friends program which shares the stories of people living with dementia. These videos have been developed by Dementia Australia. Following the session, students will receive a 'Dementia Friend' badge and certificate.



Feedback

The Program has been delivered in three primary schools in the Northern Beaches.

96% of students stated that they learned more about dementia from the program and 93% of students stated that they enjoyed visiting the aged care facility.

"This was an immensely enriching experience for the students. The interactions between students and residents was heart-warming and there was much joy on both sides."

- School Choir Director

"My grandma has dementia so it's good to know more about it"

- Choir student

"It was so nice to talk and sing to the people at the nursing home. It was nice to make them have an enjoyable experience. I really hope we can come again."

- Choir student



What are the benefits of intergenerational education and music therapy?

There is evidence of multiple benefits for students and older people who have participated in intergenerational education and music therapy including:

- stereotypes are broken down and students develop positive perceptions of older people
- meaningful relationships are built between generations
- students can learn about music from different generations
- older people in care experience an improved sense of personhood, quality of life and greater connection with the local community
- children and older people experience improvements in self esteem, communication skills and social engagement

What to do next?

Contact us:

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