Pathways is a comprehensive singing program for use in memory care. It is comprised of a video series, activity booklets, online training, and audio CDs.
Resource: Pathways

Why?

- AD - Vulnerable population
- Literature shows neural pathways in music processing may not be lost in AD
- Singing is an engaging and holistic musical activity with many health benefits
- Void of available resource
- Accessibility for care partners
Pathways video series

- 3 collections – Seasons, Journeys, Inspirations – themed episodes
Expert singing host

Briar Boake
Episode content

- Welcome
- Introduction
- Breathing warm-up
- 5 songs – song cue image, singing success
- Breathing warm-down
- Goodbye
- 25-30 minutes long
The session is meant to be a journey that is therapeutic in nature having a rise and fall in musical intensity.

<table>
<thead>
<tr>
<th>Song</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>moderate</td>
<td>more upbeat</td>
<td>upbeat</td>
<td>upbeat</td>
<td>gentle</td>
</tr>
</tbody>
</table>

**Song order**

- warm up
- Song 1: moderate
- Song 2: more upbeat
- Song 3: upbeat
- Song 4: upbeat
- Song 5: gentle
- warm down
Images - Episode
Images – Song cue

North America - Home on the Range

Uplifting – Zip-a-dee-doo-dah
• 325 unique activities (5 per song)
• Universal themes from content or implication
• Can be modified based on cultural content, cognitive ability, gender, age, mobility
• Can be extended based on interest, integration, responsiveness
• Co-constructing – encourage participant agency, engagement, empowerment
Activity approaches
<table>
<thead>
<tr>
<th>ICON</th>
<th>CATEGORY</th>
<th>AREAS OF STIMULATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="articon.png" alt="Icon" /></td>
<td>Arts &amp; Crafts</td>
<td>creativity, gross and fine motor skills through modelling, painting, decorating, making collage etc.</td>
</tr>
<tr>
<td><img src="foodicon.png" alt="Icon" /></td>
<td>Food</td>
<td>reminiscence, and taste through baking, identifying, mixing, decorating, eating etc.</td>
</tr>
<tr>
<td><img src="costumesicon.png" alt="Icon" /></td>
<td>Costumes</td>
<td>creativity, play, and cultural awareness through dress-up, make believe, identifying etc.</td>
</tr>
<tr>
<td><img src="musicicon.png" alt="Icon" /></td>
<td>Music-making</td>
<td>cognition, coordination, listening, moving, creativity through playing instruments, humming, and singing etc.</td>
</tr>
<tr>
<td><img src="playicon.png" alt="Icon" /></td>
<td>Games</td>
<td>cognition, play, awareness through matching, naming etc.</td>
</tr>
<tr>
<td><img src="discussionicon.png" alt="Icon" /></td>
<td>Discussion</td>
<td>cognition, reminiscence, ideas, emotions, through asking questions about ideas, experiences, stories, history, travel etc.</td>
</tr>
<tr>
<td><img src="videoicon.png" alt="Icon" /></td>
<td>Videos</td>
<td>visual acuity, story, reminiscence etc. through watching videos</td>
</tr>
<tr>
<td><img src="movementicon.png" alt="Icon" /></td>
<td>Movement</td>
<td>gross motor skills through dance, moving body parts, clapping etc.</td>
</tr>
<tr>
<td><img src="reminiscenceicon.png" alt="Icon" /></td>
<td>Reminiscence</td>
<td>memories using prompts through tangible objects, pictures, videos, ideas etc.</td>
</tr>
<tr>
<td><img src="auralicon.png" alt="Icon" /></td>
<td>Auditory</td>
<td>aural acuity, and cognition through listening, identifying, etc.</td>
</tr>
<tr>
<td><img src="natureicon.png" alt="Icon" /></td>
<td>Nature</td>
<td>awareness of natural objects through observation, walking, touching, questioning, visiting etc.</td>
</tr>
<tr>
<td><img src="sensoryicon.png" alt="Icon" /></td>
<td>Sensory</td>
<td>senses through tasting, seeing, smelling, touching or hearing</td>
</tr>
<tr>
<td><img src="vocationalicon.png" alt="Icon" /></td>
<td>Vocational</td>
<td>skills like sorting, packing, stacking, etc.</td>
</tr>
</tbody>
</table>
On the Sunny Side of the Street

Grab your coat and get your hat
Leave your worries on the doorstep
Just direct your feet to the sunny side of the street

Can’t you hear a pitter-pat
And that happy tune is your step
Life can be so sweet on the sunny side of the street

I used to walk in the shade with those blues on parade
Now I’m not afraid, this rover’s crossed over

If I never had a cent
I’d be rich as Rockefeller
Gold dust at my feet on the sunny side of the street

Looking at the Sunny Side
Discuss what the “sunny side” means. Ask participants questions like: How do they get to the sunny side? Are they an optimistic person typically? How do they stay positive/optimistic? How do they change their mood to positive? What cheers them up? Who are some famous optimists/dreamers? Thomas Edison (electricity), Albert Einstein (theory of relativity), Abraham Lincoln (United Nation), John Lennon (peace), Martin Luther King Jr (Freedom), Steven Spielberg (movie producer).

Hot Potato Hats
Participants are seated in a circle. Hot potato style, pass a number of funny hats around the circle to the vocal track. When the music stops, everyone puts on the funny hats.

Streetwise
Do some activities that are typical street activities. These activities could include sweeping the driveway/patio/porch, shoveling the driveway/sidewalk, collecting the mail, cleaning mailbox, riding bikes, driving cars, honking.

Street Parade
Parades happen on the streets of towns and cities. Typically there are crowds watching and cheering from the curb. Make a street parade. Perhaps a long hallway will be the “street” for your parade, or a section of the driveway. Use funny musical instruments and have a parade making sounds with your instruments. Dress up in costumes, hats. Extensions: Include floats, community groups.

Umbrella Dance
Create a dance using umbrellas, parasols, children’s umbrellas. Open, twist both ways, raise, lower, swing side to side using the vocal track as accompaniment.

Song Script from the Video
When it’s cloudy or raining outside, do you sometimes feel a little blue? And do you think, if the sun would just come out, it would feel so much better? Well, our next song is about that. How much nicer it can feel when we leave our worries and blues behind us and cross over to the Sunny Side of the Street.
Activity page for Roll Out the Barrel
Demo – Spring Episode
Catalogues

- Alphabetical
- Permission
- By episode
- By activity category
Online training

• 6 topical tutorials
  • Understanding dementia
  • Why singing works in memory care
  • How Pathways Works 1: Video Series
  • How Pathways Works 2: Activity booklets
  • How pathways Works 3: Using Pathways
  • Strengthening relationships through Pathways

• Animated
• Short
• Self-directed
Tutorial 1: Understanding Dementia

- As of 2015, 34 million live with dementia under 65.
- Risk doubles after age 65.
- 3X by 2050.

360,000,000,000 USD

Symptoms:
- Memory loss
- Confusion
- Changes in personality
- Loss of emotional control
- Decreased ability to maintain physical care

Losses:
- Friends
- Drivers license
- Independence
- Communication
- Cooking
- Employment
- Social engagement
- Personalized attention
- Meaningful activities

Causes:
- Decrease of oxygen to brain cells
- Vascular dementia

Pathways:
- Neural pathways communicate
- Stages of cognitive decline:
  - Normal cognition
  - Mild cognitive impairment
  - Moderate cognitive impairment
  - Severe cognitive impairment
- Alzheimer's disease
- Lewy body dementia
- Vascular dementia

Memory intact vs. Memory loss problems with behavior
Audio CD

- 1 CD per episode for extended use
- Instrumental and vocal tracks
- Integrated into program, use on its own, for extended use
Journeys
United Kingdom

Instrumental Tracks
1. Pathways Theme Song
2. Breathing Theme Song
3. Danny Boy
4. It's a Long Way to Tipperary
5. My Bonnie Lies Over the Ocean
6. My Wild Irish Rose
7. White Cliffs of Dover

Vocal Tracks
8. Danny Boy
9. It's a Long Way to Tipperary
10. My Bonnie Lies Over the Ocean
11. My Wild Irish Rose
12. White Cliffs of Dover

©2015, Room 217 Foundation. All rights reserved.
Research and testing to date

2011
- Pilot Study - design
- 20 Cdn LTC
- Positive results

2013
- 3 Focus Groups
- GTA experts
- Advisory Group

2014
- Activity experts brainstorming
- Activity Booklet design
- Pilot study published

2015
- BETA testing – 30+ facilities, programs, homes
BETA results

- Beta test results confirm anticipated outcomes
- Increased responsiveness and socialization noted
What makes Pathways unique?

- Ready-to-use
- No musical expertise required
- Hundreds of hours of repeatable, interactive programming
- Flexible delivery – i.e. individual/group
- Multi-sensory appeal
- Closed captioning option
- 1 episode entirely in French
What are some benefits of Pathways?

- Strengthens relationships
- Evokes memories
- Sparks conversations
- Creates moments
- Engages people in music-making
- Reduces isolation and brings people together
- Improves mood and engagement
- Makes people happy
- Helps express emotions
Room 217 website – Pathways access points

- Home page – online training box
- Menu – Pathways drop-down – descriptions, SAMPLE (6 min Europe)
- Resource store – to purchase
Some music and dementia research


Osman, S, Tischler, V, Schneider, J (2014). “Singing for the Brain”: a qualitative study exploring the health and wellbeing benefits of singing for people with dementia and their carers. *Dementia*, 0 (0) 1-14. DOI:10.1177/1471301214556291


pathways
Making connections by singing

Available Fall 2015

A Comprehensive Singing Program for Memory Care

www.room217.ca