



Silver Memories Department of Health Research Project 2018

MUSIC RECONNECTING LIVES

WWW.SILVERMEMORIES.COM.AU

Residents from a range of aged care facilities have shown a significant improvement in quality of life, depression, aggressive and verbally agitated behaviour after listening to Silver Memories for 12 months as part of their regular activities.

Population

- 16 residential aged care facilities (Qld and NSW)
- 74 participants
 - 49 females
- 52-100 years old, with an average age of 82.8 years (SD = 8.54) at baseline.

Design and Duration

The residents listened to Silver Memories Radio consistently over the study period. Participants were divided into two groups, with one group assessed over 12 months and the other group assessed over 6 months. Data was collected at baseline and via follow up at 3 months (T1), 6 months (T2), and 12 months (T4).

Researcher

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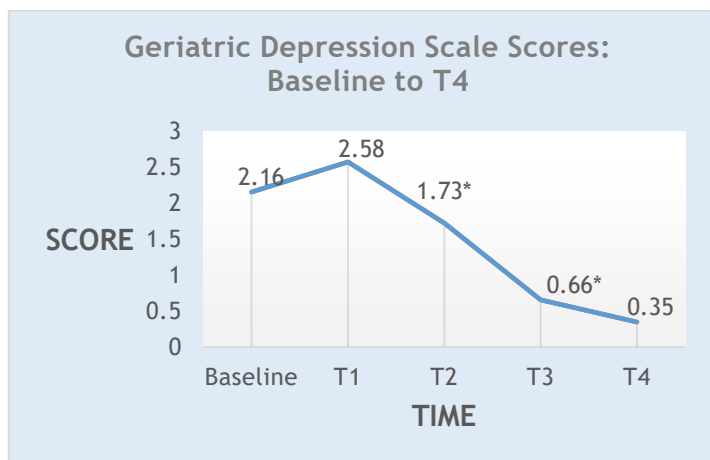


Results

Quality of Life <i>Study Coordinator's comment:</i> "An effect greater than 0.8 is large."	<ul style="list-style-type: none"> • Significant improvement in QoL from baseline to T4 (effect size = 0.823)
Geriatric Depression Scale <i>Study Coordinator's comment:</i> "This is a large effect size."	<ul style="list-style-type: none"> • Significant improvement from baseline to T4 (effect size = 1.53)
Cohen Mansfield Agitation Inventory (CMAI) Aggressive Behaviour	<ul style="list-style-type: none"> • Significant improvement from baseline to T4 (medium effect size)
CMAI Physically Non Aggressive Behaviour	<ul style="list-style-type: none"> • Significant improvement from baseline to T4
CMAI Verbally Agitated Behaviour	<ul style="list-style-type: none"> • Significant improvement from baseline to T4

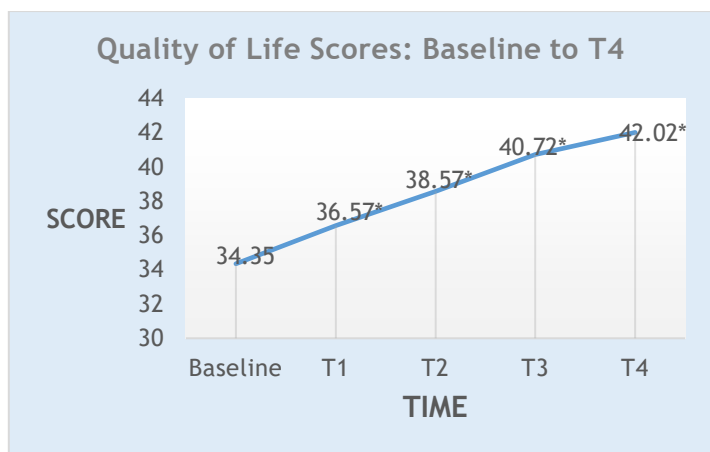
Silver Memories Research Project Results

Fig 1 Geriatric Depression Scores over 12 Months



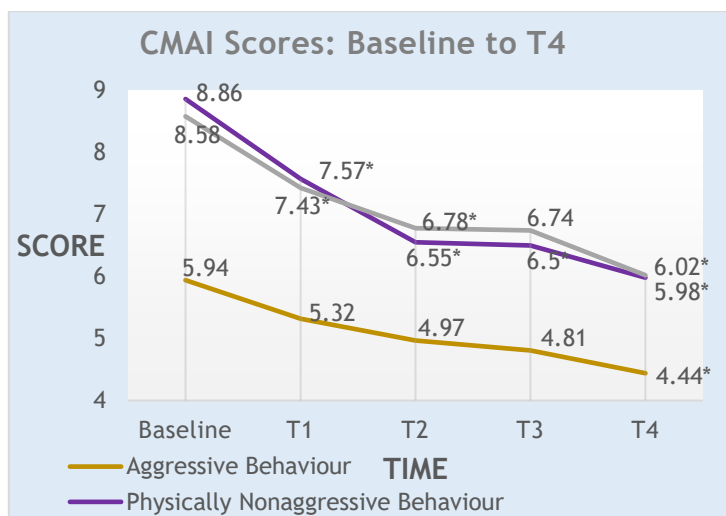
Indicates a significant improvement in resident's sense of wellbeing.

Fig 2 Quality of Life Scores over 12 Months



Shows a clear and linear improvement in perceptions about relationships with others

Fig 3. Aggression & Agitation Scores over 12 Months



Reduced indications of aggressive behaviour were reported.

If you would like to find out about installing Silver Memories in an Aged Care Facility, contact Dene Rowling on 0429 787 201 or dene.rowling@4mbs.com.au

For more information about the research program visit our website silvermemories.com.au/research.html

*Significant improvement in score from previous timepoint