



Patron



Dame Vera Lynn DBE

Silver Memories
24 hours a day nostalgia radio
featuring music from about the 1920s to the 1960s
Transmitted Australia-wide via satellite
Ideal for aged care homes

www.silvermemories.com.au
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24 hours a day nostalgia radio
featuring music from the 1920s to the 1950s

What is Silver Memories?

Silver Memories is a special nostalgia radio service developed by 4MBS Classic FM and was designed specifically to address social isolation and depression in Aged Care. The service provides a non-pharmacological tool for the management of dementia and related issues. *Silver Memories* operates 24 hours a day, plays cheerful and gentle music from the late 1920s to the early 1960s, includes cheerio greetings and birthday calls from our friendly announcers and features old radio serials and comedies which people listened to before the advent of television.

- *ideal for aged care homes
- *triggers happy memories
- *unique service using reminiscence therapy
- *radio as it used to be
- *helps people to relax
- *relieves depression
- *excellent opportunities for interaction between staff and residents

Silver Memories has been endorsed by the Australian Medical Association (Qld) and Alzheimer's Australia (Qld) who use it in their Dementia Behaviour Management Service (DBMAS).

Homes where *Silver Memories* has been installed have reported that the broadcasting signal is clear and consistent, that the equipment is easy to use and that the programs are very well received by both residents and staff as well as providing excellent opportunities for reflection and entertaining interaction between residents and staff.





What's the story behind Silver Memories?

4MBS General Manager, Gary Thorpe OAM, originally conceived the idea of Silver Memories as a method to help relieve social isolation in nursing homes, based on the knowledge that elderly people respond positively to the music of their youth.

Gary was awarded a Churchill Fellowship, and undertook further research into music therapy principles with top researchers in the UK, Europe and the US. As a result, he discovered Silver Memories to be unique in the world in its use as a form of reminiscence therapy for those living with dementia– it triggers happy memories and helps people to relax. Music is regarded as one of the most powerful forms of reminiscence therapy.

In accord with the Churchill Fellowship findings, Silver Memories broadcasts calming music in the afternoons, as opposed to upbeat music. This helps relieve patients of the distress they can feel at meal times, bath times or change of carer at the end of a shift. 4MBS is leading the way in dementia care with this radio service.

Gary said of the Fellowship, “I’m grateful to the Winston Churchill Memorial Trust for the opportunity to meet with leading researchers in music therapy around the world, and to bring that knowledge back to Australia to apply to our Silver Memories service”.





Comments from listeners and aged care specialists

"Silver Memories' has made a real difference in my life"

"My husband has dementia, he's so much more settled now that he listens to Silver Memories"

"I am motivated to do something – it's like a revival!"

"There is no other radio station that provides the music I want to hear. Silver Memories has dance music, rhythm and beautiful melodies."

"I find it a relief from TV, the doom and gloom. Silver Memories is very friendly"

"I enjoy it, it is different. It makes me happy and sometimes I sing along – well I try to."

"The selection of the music is excellent, extremely enjoyable."

"It is very good, it's something you would say; what, why didn't I listen to it before."

"It is part of my life now, I would not want to be without it. It is a necessity to my life – It gives me happiness."

"It was interesting, it will take your mind off everything and you just listen to it, it's enjoyable."

"People who don't read, it would be good for them and particularly for people with dementia."



Andy Lowndes, Glasgow Caledonian University Lecturer and Memories Researcher

"Music has long been known as a good therapeutic intervention in depression in older adults. The Silver Memories service goes beyond this and its programming seems to provoke reminiscences and collective memories in people with dementia. Often carers need to identify triggers for reminiscing and music is such a trigger."

Donna Smalley, Benevolent Aged Care Rockhampton, Lifestyle Activities Officer (two weeks after installation)

"It is already showing signs of reducing anxiety and bringing a sense of calm, inner peace for some listeners in the special wings! Thanking You!"

Victoria Beedle, Chief Executive Officer, Alzheimer's Australia Qld.

"This 24 hour radio station has been utilised by staff at Alzheimer's Australia (QLD) to assist in managing behavioural and psychological symptoms of dementia. Through the use of the radio service for music reminiscence therapy, our staff has found the service valuable in achieving positive outcomes for those living with dementia, their carers and families. We

look forward to continuing to utilise the Silver Memories Nostalgic Radio Service as it expands its services on a national level.”

Dr Catherine Travers, Australasian Centre on Ageing, University of Queensland

“Staff of RAC facilities reported that Silver Memories had a calming effect on some patients with dementia.”

“The results of this evaluation suggest that Silver Memories is a potentially powerful intervention that may improve the quality of life of some of the most isolated and vulnerable members of our society. Clear advantages of the program include its low cost and flexibility.”

“It seems that Silver Memories fills a gap by playing music and programs that are not available elsewhere and 100% of carers and care staff indicated they would recommend Silver Memories to others.”

“Through our experience in working with staff of aged care service providers including diversional therapists, recreational officers, registered nurses, assistant nurses and care providers, we have found that 4MBS is well respected for producing and broadcasting Silver Memories. The feedback we have received indicates that Silver Memories is uplifting and motivates people and also has a calming effect on residents. In particular, it has been reported that listening to Silver Memories has a calming effect on residents with dementia and reduces their agitation. The staff from various aged care facilities has also stated that Silver Memories is perfect for providing people, in particular those living with dementia, with opportunities to reminisce.”





How can I listen to Silver Memories?

The Silver Memories service is delivered by satellite. In order to receive the service in your aged care home or retirement village, it is necessary to have a small satellite dish, receiver and two speakers installed in the communal, or other, locations within your Home such as a sitting area, reading area, breakfast room or activities room. In some instances, Silver Memories can be fed to the TV sets in residents' rooms, where available.



How do I have Silver Memories connected?

The first step is to contact 4MBS by calling 07 3847 1717 or by emailing Dene Rowling, Silver Memories Sales Manager at dene.rowling@4mbs.com.au. He will explain any details of the service, including installation and the annual subscription fee and negotiate a suitable time for installation at your Home.

What does it cost?

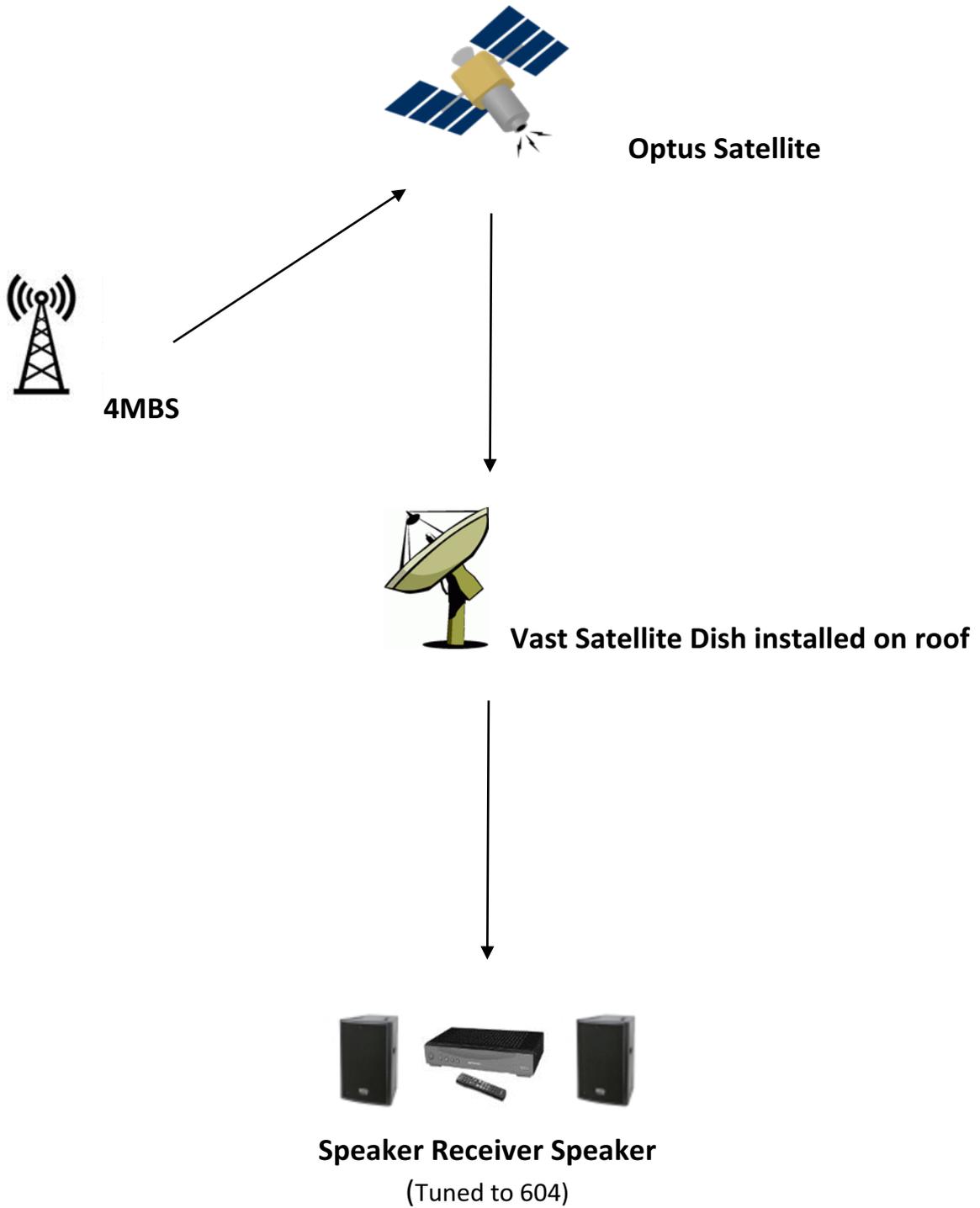
In order to broadcast our Silver Memories service into any Aged Care Home through the satellite, there are specific items which need to be installed. These items are a satellite dish, receiver and two speakers. Altogether this constitutes one 'unit'. Usually, Homes require one 'unit' for each area. There is also a combined satellite service fee and a subscription fee. As a not-for-profit organisation, 4MBS needs to meet the satellite service fees and we also rely on the subscriptions to keep the satellite service and *Silver Memories* on air and to ensure sustainability in the future. We have kept these fees as low as possible.

Subscription fee

For information on quarterly subscriptions, please visit our website at: <http://www.silvermemories.com.au/installation-details-and-fees.html>

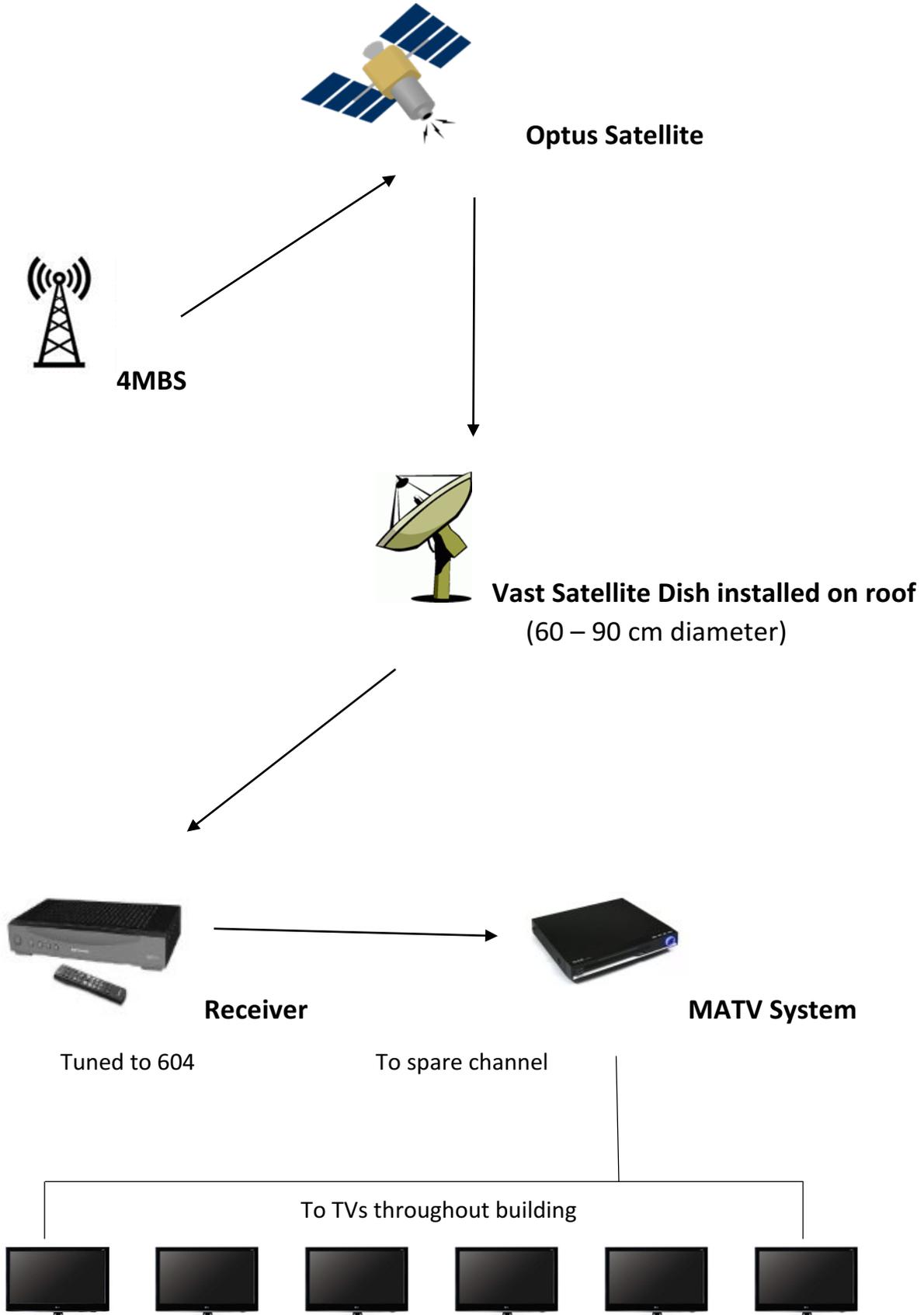


How Silver Memories is broadcast in a single room





How Silver Memories is broadcast in multiple locations throughout the building (only available if there is a spare channel on a MATV system)





SILVER MEMORIES INSTALLATIONS

Queensland

Anglicare Kirami, Hervey Bay
Anglicare Meilene, Bundaberg
Anglicare Symes Thorpe, Toowoomba
Bethany Care, Rockhampton
Bethesda, Salvation Army, Rockhampton
Blue Care Avalon, Emerald
Blue Care, Capricorn Coast Respite, Yeppoon
Blue Care, Gracemere, Rockhampton
Blue Care, Kirra
Blue Care Masters Lodge, Pinalba
Blue Care Pioneer Lodge, Avenell Heights
Blue Care Respite, Rockhampton
Blue Care Riverlea, Bundaberg
Blue Care Toowoomba
Cairns Aged Care, Salvation Army, Chapel Hill
Canossa Aged Care, Trebonne, NQ
Capricornia Adventist Village, Yeppoon
Capricornia Coast Respite Centre, Yeppoon
Capricornia Gardens, Yeppoon
Carindale Court & Lodge, Carindale
Carinity Kepnock Grove, Bundaberg
Carinity Kepmock Grove, Hervey Bay
Church of Christ Carramar, Stanthorpe
Eventide, Charters Towers
Good Shepherd Home, Annandale, T'ville
Gracehaven Aged Care, Bundaberg
Greenslopes Hospital (Ramsay), Brisbane
Illoura Village, Chinchilla
Leinster Place, Rockhampton
Lutheran Care St Andrew's Gold Coast
Lutheran Care Orana, Kingaroy
Lutheran Immanuel Gardens Buderim
Lutheran Northridge Salem, Toowoomba
Lutheran Care Tabeel, Laidley
McCauley Place, Rockhampton
Noosa Hospital (Ramsay), Noosaville
Ozcare Villa Vincent, Mundingburra
Prescare Alexandra Gardens, Rockhampton
Prince Charles Hospital, Dementia Unit *
Pyramid Care, Gordonvale
RSL Baycrest, Hervey Bay
RSL Tantula Rise, Buderim
Salv. Army Cairns Aged Care, Chapel Hill
St Andrew's Lutheran, Tallebudgera
St Paul's Lutheran, Caboolture
Tarcoola Hostel, Tara
Trinder Park Lutheran, Woodridge
Wahroonga Lutheran, Biloela
Yallambee, Millmerran
Zion Lutheran Home, Nundah

New South Wales

Abbey House, Mittagong
Anglican Retirement Villages, Sydney
Ark Health Care, Bankstown
Ark Health Care, Oatley
Ark Health Care, Parramatta
Ark Health Care, Rockdale, Sydney
Ark Health Care, Russell Lea, Sydney
Ark Health Care, Sylvania, Sydney
BUPA Banora Point, Tweed region
Lober House, Sydney
New Horizons, North Ryde, Sydney
Sthn Cross Karinya, Corowa
Sthn Cross Mawson Court, Caves Beach
Sthn Cross St Joseph's, Tweed Heads
Uniting Kingscliffe Gardens, Kingscliffe

Victoria

Alexander Care, Clayton
Church of Christ Arcadia, Essendon
Goodwin Village, Donald
St Vincent's, Eltham
Wimmera Health Care, Horsham