

MEDIA RELEASE

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SILVER MEMORIES APP now available

At Last, An Appy Story for the Aged



This month, Prime Minister Scott Morrison announced funding for 10,000 extra Care Packages in response to the Aged Care Royal Commission's Interim Report which highlighted the **potential for increased social isolation and depression in older Australians**. Silver Memories has long been aware of these issues and has developed an App for iPads that research has shown, will help reduce social isolation among older Australians living in their own homes or Aged Care facilities.

The **Silver Memories nostalgia radio service** has been studied in three clinical trials to date. The most recent study, The Silver Memories Department of Health [Research Project 2018](#) reported that participants who listened to Silver Memories regularly, had significant improvements in Quality of Life, and lowered Geriatric Depression Scale and Cohen Mansfield Agitation scores. Study coordinator **Dr Catherine Travers, Research Fellow**, Dementia Collaborative Research Centre, QUT, commented that "These results reflect the very positive effects Silver Memories has on listeners' sense of wellbeing and levels of social engagement."

Silver Memories has a well-established presence in Australian Aged Care. The unique nostalgia radio service has been **broadcasting since 2007**, with around 10,000 residents in 150 Residential Aged Care facilities currently enjoying listening to the service which plays **timeless tunes from the 1940s-70s with friendly, knowledgeable announcers and no ads or news bulletins**. Silver Memories features programs such as *The Year That Was* focusing on the music and events from specific years, *Silver Memories Salutes* with a different artist highlighted every week, *Country Classics*, *Our Favourite Hymns*, *Family Favourites from the Sixties* and more.

The Silver Memories App was **co-designed with seniors for seniors to ensure easy use on iPads**. Listeners can enjoy the music while watching a slideshow of over



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5,000 beautiful images. They can also enjoy curated music playlists and image collections On Demand, request birthday calls and songs, and test their knowledge with fun quizzes.

The **founder of Silver Memories, Gary Thorpe OAM**, says “I know the power of music to bring back fond memories of past times. Radio is a personal medium and our caring announcers create a special human connection with listeners which buoys their spirits.

“We are excited that Silver Memories can now be accessed by the elderly in their own homes or residential care through the App which will alleviate the risks of social isolation, depression and anxiety which contribute to declining mental health and morbidity in the elderly.”

**The Silver Memories App is now available for download to iPads (requires iOS v10.3 or later).
Android version available in early 2020.**



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Silver Memories nostalgia radio service commenced broadcast in 2007 and by satellite to Residential Aged Care Facilities Australia-wide in 2014. Silver Memories is produced by 4MBS Classic FM, a multi award winning community broadcasting organisation, began broadcast in 1979.

www.silvermemoriesapp.com.au

Gary Thorpe OAM has been General Manager of 4MBS Classic FM for 30 years of the organisation’s 40-year history. He was awarded an OAM in the Order of Australia in 2009 for outstanding service to music and broadcasting and a Churchill Fellowship to research the use of appropriate music in the management of dementia.



Gary Thorpe