

# BOUGH *Now...*

Study Newsletter 6, September - October 2016

## Study update

Justine and Kristian have been busy arranging and conducting interviews with clients receiving home care and their relatives. The interviews are going well and we will soon be asking home care workers to take part in interviews too. Sam has finished her fieldwork, working as a home care worker, and said goodbye to the clients she has been visiting for the last 10 months. Lucy is due to finish her fieldwork in a few weeks' time.

At the end of August we met to have an intensive couple of days of analyzing the diaries that were kept by caregivers. This was very productive and we are now planning the publications and other outputs from this data. We have also been in contact with a number of different artists, such as radio, screen and stage writers, and we are considering how we might commission work that will make the findings of the BOUGH study more accessible to a broader audience.

## More information:

For a copy of previous newsletters or our participant information sheet, please contact Sharon Thorpe, Study Administrator (details below).

Additional information can be found on our website at:

[www.nottingham.ac.uk/go.BOUGH](http://www.nottingham.ac.uk/go.BOUGH)

## NEWS

We congratulate Sam on her new post as a lecturer at Manchester Metropolitan University. Though we are sad to see her go, she will continue to be involved with the project when she can and will contribute to analysis of the data and writing publications. She has worked very hard for the last year, working both as a home carer and as a researcher, and we wish her well in her new role.



## What can individual music therapy offer to people with dementia?

Music can be extremely meaningful for people living with dementia as it rekindles memories, allows people to express themselves and provides a way of interacting with others. Music therapists are professionally trained to use music and the relationships which form through music to promote health and wellbeing. In my life as a music therapist I have often worked with individuals in care homes and their own homes too.

In my personal experience, every session is different and what works for individuals varies hugely. Some people like to listen to music (either recorded or played by the therapist) and reminisce about their musical memories. Others like to join in with singing familiar songs, or to improvise music with the therapist. For people for whom language is becoming difficult, improvisation can be like a conversation which doesn't use words, allowing them freedom to express themselves and respond spontaneously in the music.

Becky Dowson, Music Therapist

For more information about music therapy, visit [www.bamt.org](http://www.bamt.org)

*"After ten months of working as a care worker I formed close relationships to my clients, and I found it emotional leaving the field. I learnt a lot about what makes a good care worker, and learnt skills which I can use when caring for family members and friends. My time as a care worker was an experience I will always remember, and I would like to thank all those involved in this element of the study"*

(Dr Samantha Wilkinson)

## Next Steps . . .

- Continue recruiting past and current clients and relatives for interviews
- Start recruiting home care workers to take part in the interviews
- Continue to analyse participant observation notes, diaries, and interview transcripts
- Present at the Alzheimer's Europe Conference in Copenhagen in November
- Plan and prepare the first publications of study findings
- Continue to liaise with artists to produce more artistic outputs for the study