

MusicLINKs Linkages Society of Calgary

The objective of the MusicLINKs program is to increase opportunities for people living with dementia (PLWD) to engage and connect through the medium of music, leveraging the technical knowledge of the digital generation, and creating friendships between generations. 50 student volunteers and 25 seniors from two Calgary Carewest Facilities were engaged in the MusicLINK program.



Students and seniors were partnered to discuss and pick out the music the PLWD enjoyed, creating interaction and stimulating memory activities. The music chosen during these weekly sessions was downloaded onto an i-Pad for the senior to keep and listen to in their home.

The MusicLINK program addresses stigma through education for the student volunteers, about dementia and through the exposure the program provided.

It was heartening to see the gentleness and care with which the students treated their senior friends. They were genuinely happy to see each other during visits.





During the course of the MusicLINKs program, we were able to witness the friendships which formed, and the smiles which would appear on the seniors' faces when they heard their favourite songs

Music has been shown to be therapeutic because different aspects of musical memory can remain intact while brain anatomy and corresponding cognitive function have been massively impaired. (Baird & Samson, 2009)



Individuals affected by dementia are at risk of isolation. The MusicLINKs program provides opportunities for social interaction, involvement, stimulation and conversation and the calming and uplifting effects of listening to music.