



Music to wake up: the soundtrack of a lifetime reactivates the memory of Alzheimer's patients

LOCATION: Cájjar, (Granada)

DURATION: 1'38"

SUMMARY: A group of young musicians and psychologists is developing in Granada the 'Music to wake Up Project', which tries to control the agitation of people affected by Alzheimer's with the music these patients have listened during their lives. They have managed to improve these patients' condition just using headphones and an mp3.

VTR:

AMBIENCE

"Amapola, how can you live all by yourself?"

This woman is listening to the same music she used to listen. A group of psychologists and musicians is developing the 'Music to wake up Project' in Granada, with the objective of reducing agitation in patients who are in the late stage of Alzheimer's disease with the help of the music that carried them through their lives.

José Olmedo
Clinical psychologist and
musician

"Using headphones we have seen people wake up and changes which we couldn't see with other type of approaches."

Mar Olmedo
Neuropsychologist

"Songs activate memories, memories that where there but asleep."

Using headphones and an mp3 they managed to handle aggressiveness, complains, negativity or sadness; reducing the use of drugs thus reducing side effects.

Mar Olmedo
Neuropsychologist

"We control agitation, it helps the patient to be more rested, more relaxed."

These researchers and the relatives of these patients have detected a lot of improvements in these people who don't remember their date of birth, although they do remember the soundtrack of their lives.

Carmen Esteban
Relative of a patient

"She transformed completely, she became a person with lucidity in her face, with joy."

Paz Sabater
Relative of a patient

"It has a kind of magical effect, you put her the headphones on and as soon as she recognizes something she changes radically. It is curious."

This project is being developed at this senior home in Cájjar, Granada, and has been selected for the Spanish entrepreneurship program 'Think Big'. Their goal is spreading this initiative to other centres.

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