



GENERATOR at Sheridan



Concerts
in Care
Ontario



RIA RESEARCH
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SCHLEGEL VILLAGES

Benefits of high-quality concerts for long-term care residents and staff

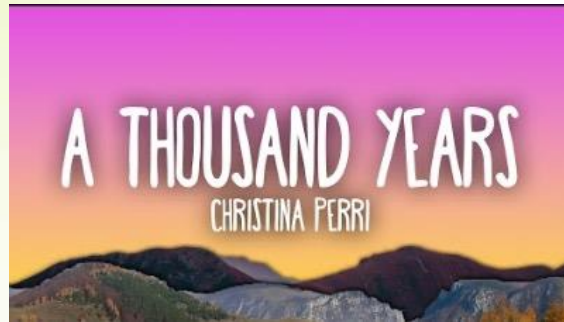
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A THOUSAND YEARS

CHRISTINA PERRI





Share your reactions



Introduction

- Recreation opportunities: embracing a more holistic approach to care
- Music: connection and communication
- Music is very common in long-term care
- SHARE Model: Staffing choice/Health benefits/Accessible/Reminiscence/Emotional response

Introduction

- Recreation opportunities: embracing a more holistic approach to care
- LTC Funding in Ontario: \$102/day/resident for nursing and personal care, \$12 for recreation/therapies/support services
- **ROI** on recreation

Introduction

High-quality concerts

- Group experience: sense of connection, synchronization of breathing, heart rate, excitement level
- Reaction of residents
- Secondary benefits: Staff? Musicians?

Concerts in Care Ontario

- CiCO has been bringing professional musicians into congregate care settings since 2011
- Wide variety of musical genres and instruments
- Concerts tailored to each location, considering needs related to language, space, time of day etc.
- Individualized connection, Q & A, instrument exploration

Concerts in Care Ontario

- 30-40 minute concerts
- Can be tailored for location, resident preferences, celebrations
- Musicians- previous connection with elders/LTC
- Interactive





Research Partnership

- Sheridan Centre for Elder Research, IRIA, Schlegel Villages, CiCO
- Evaluating benefits of CiCO programming
- Residents, staff, musicians

Method

- 3-, 4-, 8-week concert series
- Each concert lasts 25-30 minutes
- Advertised through calendar, posters

Concerts in Care Ontario presents



VC2 Cello Duo

Bryan Holt & Amahl Arulanandam

Village of Humber Heights - Alderwood

Thursday, March 7th - 11:00 AM

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Method

Data Collection

- Observation (40+ concerts)
- Surveys for staff and musicians (QR code, email, word of mouth)







Observations

- Residents smiling, clapping, singing, moving, dancing (conducting!)
- Engagement with neighbours, visitors, staff, musicians
- Respite for care partners
- Wide array of emotional responses to the music
- Interest in genres, instruments, musicians' training



Data from Staff

- 110 respondents (*M* age = 36 years, 85% female)
- Recreation, PSWs, RNs, Leadership etc.
- Average enjoyment: 9.1/10
- Positive effect on well-being, job satisfaction

“It is a chain reaction.

When the residents are happy it impacts on my day.” (P53)

A General Manager's Perspective

- Unforeseen reactions by the residents
- Inclination for team members to support residents to participate
- This new artform as a new experience
- Provide quality experiences to residents
- Language doesn't matter!
- Evoked feelings linger

Data from Musicians

- 22 respondents (*M* age = 44 years, 50% female)
- Average enjoyment: 9.2/10
- 100% positive impact on well-being, 95% improved job satisfaction

Data from Musicians

- “I like to get to the performances early as the residents slowly make their way in ... and I love to hangout, ask for requests, catch up, just generally have a good time.” (A1)
- “Sometimes performing for them seems to create a spark for them. It feels good to me to have the opportunity to make a difference for them. ” (A4)
- “It is a VERY good feeling to bring the joy of music to people, especially those who don't often have the opportunity to be surrounded by live music.” (A8)

Connection

Rewarding

Gratifying

Thoughtful

Essential

Cathartic

Uplifting

Joyful

Satisfying

Moving

Engaging

Table Talk

- Would you want to bring this experience to your workplace?
- What would you need to make this happen?

Suggested Improvements

- Staff: **More concerts!** Mix of genres, more interaction, involve visitors, build set lists with residents, move outdoors, sing-alongs
- Musicians: More staff support for residents, share home's equipment list ahead of time, communication with staff, designated stage area, parking

Next Steps

- 8-week concert series at 18 Ontario LTC homes
 - Live, in-person concerts or a pre-recorded repertoire
- Secondary benefits for quality indicators (falls, personal expressions) and staff quality of work (mood, morale, absenteeism, retention)
- Potential for deeper and stronger connections with residents and colleagues

Acknowledgments

- Schlegel Villages
 - Maynard Nursing Home
 - Fairview Nursing Home
 - The Village of Humber Heights
 - The Village of Winston Park
 - The Village at University Gates
- Concert Coordination
 - Brenton Chan
- Research Support
 - Laura Du
 - Erin Delaney
 - RIA Staff Team and Schlegel Villages Support Office



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Accessing Concerts in Care





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Questions?



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