



## Announcing: Grant Match Program Guidelines

### Program Overview:

To improve the quality of life and generate a variety of therapeutic outcomes for long-term care residents via the establishment of Well-Tuned: Music Players for Health Programs.\*

### Background\*\*:

Music is already a central recreational activity in long-term care. Because it is group based, music availability is time-limited and the song selection is age-appropriate, not person specific. It turns out that total music personalization magnifies the benefits of music for residents regardless of cognitive, physical, or social situation in the following ways:

- Drastically reducing agitation and sundowning
- Increasing resident cooperation and attention
- Increasing engagement and socialization
- Providing meaningful activity for persons in dialysis, on vent, and bedbound
- Enabling a non-pharmaceutical approach to reducing pain
- Calming and relaxing to residents, especially those with high blood pressure

### Funding Available:

Fifteen \$3,500 grants are available to both nursing homes and assisted-living communities if they can contribute \$2,500 to become a Well-Tuned: Music Players for Health provider. Under this grant match, award winners will receive, 50 resident iPods, headphones, AC adapters, \$500 in iTunes gift cards, plus training and support for one year.

### Deadlines:

September 16	Application deadline
October 14	Award Notification

### Application Requirements

To apply, provide us with the following information: 1) tell us about your program/organization; 2) provide a statement that you are interested in the grant matching program, that you have staff who can be trained and you are committed to applying this program so that within the next 12-18 months, personalized music is available to all residents; that you agree to complete surveys provided for both resident and staff feedback. Facilities will have access to data results both for their own facility and be able to match it against national norms.

Please email completed application (or inquiries) to [tdepace@bethabe.org](mailto:tdepace@bethabe.org)

\* Well-Tuned: Music Players for Health is a collaborative program between Music & Memory and the Institute for Music and Neurologic Function (both 501(c)(3) organizations). Funding for this grant match is provided by the Shelley & Donald Rubin Foundation.

\*\* See related articles and videos at [www.musicandmemory.org](http://www.musicandmemory.org) and [www.imnf.org](http://www.imnf.org).