

## ACU & UNITING NSW ACT RESEARCH PARTNERSHIP

Early analysis of staff surveys suggests a correlation between the use of The Moove & Groove Program and an observation of a positive impact on dementia related behaviours including:

- 70-80%** **Reduction in specific dementia behaviours vocal disruption (80%), agitation (73%), pacing (70%), and apathy.**
- 80%** **Staff reported the program improved their job satisfaction and they felt more connected to their residents**
- 65%** **Staff believed that Moove & Groove's technology and programs could lead to a reduction in the use of psychotropic medication that are sometimes used in the homes.**



## 2020 RESEARCH

In 2020 the ACU team, Moove & Groove and Uniting NSW ACT entered into a research partnership measuring staff's experience of The Program focussing on staff observations of consumer behaviour during and after listening experiences. This joint research project analyses responses from staff across 63 Uniting NSW ACT homes. Plans are now being made for a continuation of research on the application of The Program to reduce the use of psychotropics in 2021.

## BACKGROUND

Moove & Groove partnered with Dr Kirsten Challinor's research team in Psychology at the Australian Catholic University (ACU) to discover the impact of music therapy and application of this via silent disco technology on seniors and people living with dementia. Since late 2018 the collaboration has been investigating how best to use the headphones in order to bring joy to users, reduce challenging behaviours of people living with dementia and to improve the wellbeing of staff and carers. Several studies were conducted in 2019 and research has found that the headphones reduce loneliness, and have the potential to have a positive impact on the environment of an aged care home workplace. These studies were conducted at Narrabeen RSL and also in a community group meeting weekly at Huntleys Cove.\*

\*Simpson & Challinor 2019