

**Moove & Groove and Anglican Care increase residents' mental health by 78% during COVID via therapy and technology.**

## About Anglican Care

As the aged care ministry of the Anglican Church of Newcastle, they are a not-for-profit organisation operating aged care services throughout the Hunter, Central Coast and Mid Coast regions.

## Challenge

Moove & Groove was approached by Hunter New England and Central Coast Primary Healthcare Network to conduct a pilot focused on improving the mental health of residents in aged care in their region.

The Moove & Grooves program uses technology to deliver personalised therapeutic audio and video experiences for residents living in aged care.

## How M&G helped

A partnership was formed with Anglican Care on the Central Coast and Hunter Region to administer the Moove & Groove Program to meet this challenge.

Anglican Care nominated five care homes to participate in the trial. As a result, Moove & Groove conducted a 5-month pilot encompassing 350 engagements with residents across 5 Anglican Care residential aged care homes.

Moove & Groove provided Anglican care staff training and on-going support on not just how to use the tablets, headphones and apps, but also on how to use residents' personal preference data to help calm dementia behaviours, better connect residents and their carers, and incorporate into specific resident care plans.

**The program offers audio and video content, including:**

- Personalised audio and video selections
- Cultural content specific to the resident's cultural background delivered in more than 30 languages
- Spiritual content specific to their faith preference

## Quotes from staff observation



*"Annette was singing & swaying her arms to the music. She loved it & wanted to do it again."*



*"Mardi was sad and not wanting to engage with anybody. I gave her music to listen to with headphones, and she started to sing and dance in the chair".*



*"Denise was pacing in the hallway and wringing her hands, we played poetry through the headphones, and Denise sat quietly and calmly and did not attempt to remove headphones or get up from her chair."*

## Overall results

Data inputs from the 5 participating homes consisted of 25 trained staff and 200 residents experiencing the program.

Key measurements of the program showed significant improvements in the mental health and wellbeing of participating residents, including:

**78%**

increase in mood and apathy improvement

**65%**

reduction in agitation

**79%**

reduction in aggression

**85%**

reduction in vocal disruption

The results also showed evidence of longer-lasting positive impacts for residents after completing each engagement. Anglican Care also found that using the program in groups improved the connectedness between residents and staff. The program was so successful Anglican Care will be rolling it out to all their residents and homes as part of their ongoing commitment to the mental health of their residents.