

What happens next?

- Management 1:1 (email reminder)
- Posters (promote to facility staff)
- AC Monthly Training (GoTo meeting)
 - Some AC's don't know they can access a computer
- Additional Resources
 - Branding
 - Check-lists
- Residents Involvement (Royal Oak)
- Sign-up to Facebook



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Features Overview



easy-to-use media



e-learning modules



programme structure

<http://www.singingforseniors.co.nz/#programme-pricing-options/cee5>



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What does the Support Agreement cover?

- Music licencing & Production
- National & Regional Relationships
- Uncertain Singers Support
- Education & Teaching
- Global Gerontology and Singing Insights
- Unit Standards Assessments



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The Key Steps to Implementing a Singing Therapy Programme

Singing vs Entertainment



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Staff Awareness

Limited on-site knowledge in the facility of how to enhance health through singing, not just for entertainment.

Face-to-face expertise for music therapy is high cost & is limited in use due to cost.

Facilities were using music which were not suited to senior's voices.



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Consistent Scalable Resources

- Specialist resources outside of the main centres are difficult to find.
- Facilities managers required a trusted source for information
- On-going training is critical to ensure staff to ensure staff activate the health benefits in residents.
- Management education is critical for adoption in the facility.
- Facilities needed flexibility and the ability to choose a solution that meet their own needs.
- Buy-in of staff for the programme is critical for its success.



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Opportunities to Improve

- Internet technology offered the ability to lower costs, but has to match the many different user groups skills levels.
- Villages with mature programmes required new ideas regularly because existing resources did not extend the residents and to challenge them with singing, or community involvement.
- There were limited 'new' unique songs being released in the seniors category.
- The large majority of traditional entertainment or DVD's in market did not encourage the sing-along.



Harmonic Health

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Unlimited Support

- Global gerontology & singing best practice
 - Extensive local sector experience.
- Keep it fresh and relevant
 - New topic's & resources every month.
- National standards in your organisation
- Uncertain singers expertise
 - Overcome an individual's challenge to deploying the model



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Empower your Staff

- Training is a key aspect to the online learning model as we determined up skilling of staff was the most cost effective way of implementing a scalable singing therapy.
 1. Recognition
 2. Complaints Lessened
 3. Happy Customers



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How to enhance health via singing in the hospital and rest home

Connecting the activity to healthcare

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What types of health issues?

- Stroke
 - New neural pathways for language
- Parkinson's
 - Steady the breathing and open the throat
 - Aids in the keeping of language steadiness

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Health Issues

- Asthma
 - It encourages relaxed low breathing.
 - Nell's medic at Hilda Ross has been impressed, her singing has increased her oxygen uptake by 11%.
- Dementia
 - People with dementia can still sing, it may help them to sing to communicate, try singing instructions to them, and see what the response is.

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Further health issues

- Depression
 - People who sing fire off endorphins, they are the happy hormones, produced in the brain.
- Memory
 - The brain is stimulated to remember songs, and to enjoy singing again.



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Wellness

- Self confidence
 - When songs are learnt, singers can go and entertain in another part of the village. This gives a sense of being able to give back, of feeling useful.
- Complaints
 - People who are happy do not complain
- Social Bonding
 - There is a bond that is established between people who sing together, especially when they go and sing in another part of their village

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The Brain when Singing

- Singing releases endorphins, therefore those who sing are happier, therefore they are less likely to be depressed. On the left is the brain when listening to music, on the right is the brain when singing. Singing uses all 7 areas of the brain.



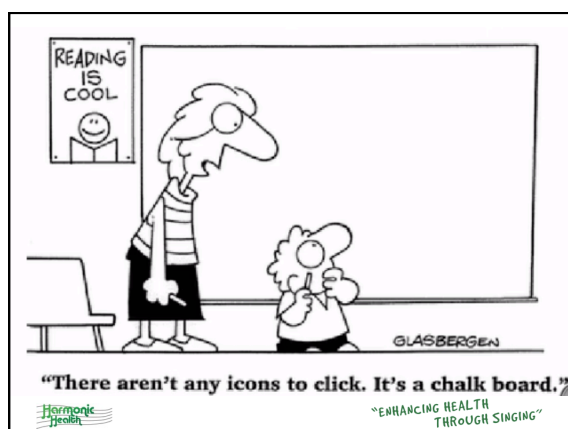
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The Benefits of eLearning

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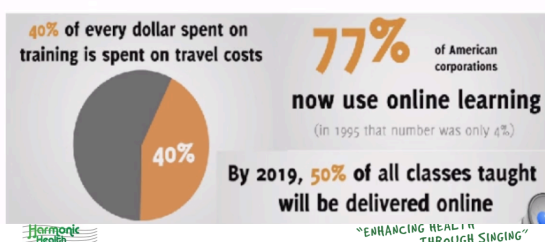


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Online Learning is Common

- Flexible
- Greater Cost Effectiveness
- Self Paced
- Solve Logistical Problems



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For Example

- Travel Time to another site
- Cost per km (\$0.72)
- Location costs
- Catering and venue overheads
- Opportunity cost of travel time
- This all impacts frequency



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Return on Investment

- 30 minutes training
- 30 x 2 sessions per week
- 70 x Residents with 25% Participation
- Hourly Rate of DT / Activities Resource \$18/ hr
- SFS eLearning Group Programme \$21 /week
- Total Cost Per Resident is \$1.93 per resident per singing session.
- We calculated a \$1,000 investment from the activities budget could impact 100-150 residents and 20-30 staff. That's the scale of Internet technology.



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Accelerated Proficiency

1. The art & science of getting people minimally functionally qualified
2. In a sharply accelerated timeframe
3. Then Practice



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Minimum Functionally Qualified

- Skill Set – The basic elements you need to perform a task
- Rules Set - Rules of Thumb
- Power Set – the emotional ability to complete a task without an instructor



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How does it work

1. Get it Exposed
 - Bring to light false facts and assumptions
 - Remove uncertainty doubt & fear
2. Get a Snapshot
 - Develop your ability to understand the sequence to achieving a task from beginning to end – quickly and basically
 - The creates a mood of senses what is possible



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How does it work

3. Get Wet
 - Instead of just studying, you have to try it.
 - You have to immerse yourself to get experience
4. Get in Motion
 - Spend 80% of your time doing, and 20% preparing.
 - ...Repeatedly.



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