



www.singingforseniors.co.nz

"ENHANCING HEALTH THROUGH SINGING"

The world's first web based eLearning platform specialising in Singing Therapy for the Aged Care Sector

Over 200 Facilities across New Zealand and Australia have used our products since launching them in 2013.

Loved by Residents & Occupational Therapists Reduce Resident's Complaints

Why? Singing for Seniors is a joy to use. Residents report health benefits, particularly respiratory problems and memory concentration and enhancement. Voice and breathing exercises are a particular help for ex-smokers and asthmatics. You don't need to be able to read music, singing leaves residents feeling euphoric and residents can choose their own songs.



Created by

Dr Julie Jackson-Gough

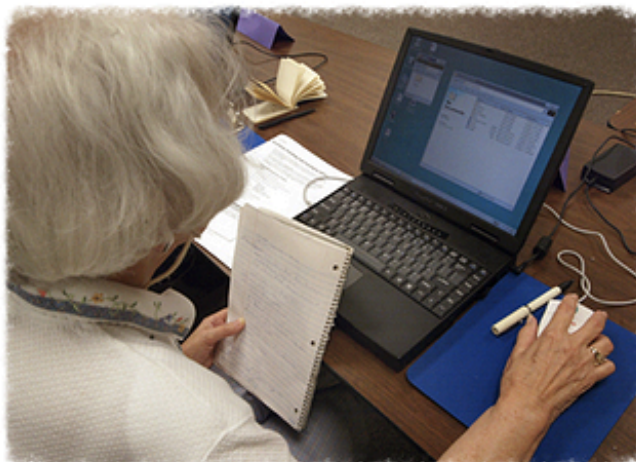
A world renown expert in singing & gerontology.



Everything You Need



easy-to-use media



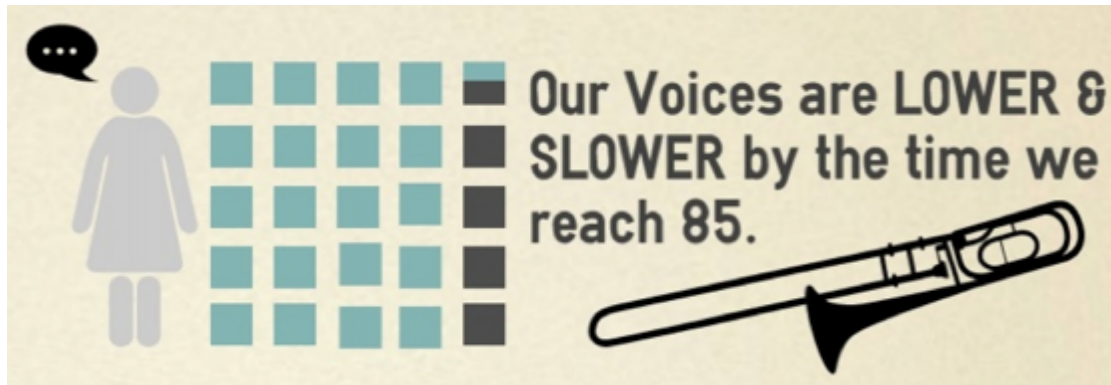
e-learning modules



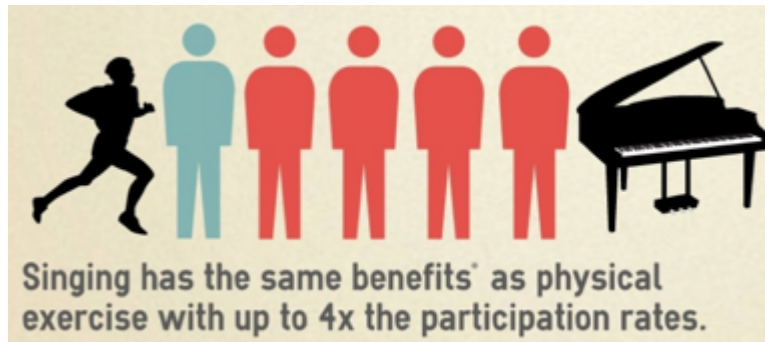
programme structure

To become Minimum Functionally Qualified

“ENHANCING HEALTH
THROUGH SINGING”



Why is Singing Important?



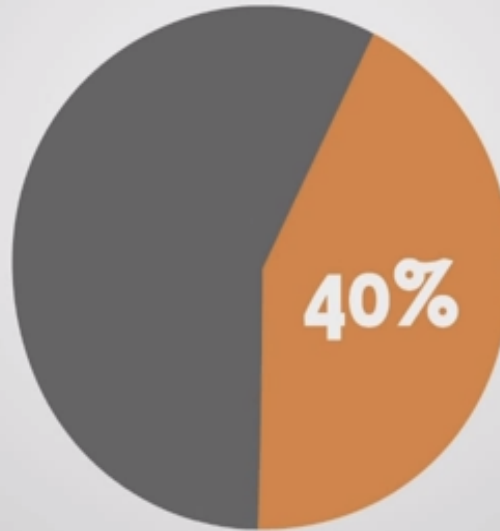
Health Benefits are Proven

- Brain function & memory
- Lung capacity & oxygenation of the blood stream
- Immunity, promoting health lymphatic system
- Clears respiratory systems & sinuses
- Produces endorphins



The eLearning revolution

40% of every dollar spent on training is spent on travel costs



Mobile Optimised Training Portal

Alleviating Stress Case Study Aged Care New Zealand

- "I find it satisfying to be in a group of people with a kindred interest. After singing, I am more tolerant, even to the small talk and gossip which permeates village life. Unfortunately my tolerance is short-lived, and therefore I would like to sing more often. I thank Dr Julie Jackson-Gough for providing me with this opportunity to increase my well-being" Moira.



17:56



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Simple Yet Effective

Singing for Seniors has the power of a skilled professional onsite, anytime you choose - but without the costs.

There's a consistent high standard across all villages, independent of level of staff. Residents can run sessions, which frees up the occupational therapist, there are fewer entertainers to organise, the music is in lower keys, and slower speed which is appropriate for aging voices,
- And... it's not just the old songs!!!

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



Events & Communications

- Managers Kick-off – CHT Head Office
- Online Accounts Set-up - Online
- DT Kick-off – CHT Head Office
- Internal Communications – Online
- On site Training – Facility
 - Train the trainer - Francis
- Monthly Training - Online
- Managers Training - Online

Annual Plan DT / Activities

– Milestones

- Resident's Survey
- Unit Standard

– Goals for End of Year

- KPI Activities Coordinator
 - Number of Sessions – 2x per week
 - Attendance
- Role of the Manager
 - Attendance
 - Encouragement

Implementation

- Promote to Facility Managers
- Distribute resources to activity coordinators
- Schedule the training
- Combined feedback on the DT review meeting



Your Goal

Encourage spontaneous singing this week.

Our Request

Compare this week to next week and provide your village manager with your feedback.

- Did the residents sing more this week?
- Did you feel confident?
- Did the residents like the songs?
- What was the mood of residents for the rest of the day after singing compared with last week?

Facility Manager Responsibilities

The benefits of the programme must impressed upon the residents and the staff.

- Discuss at Staff Meeting & Residents Meeting
- Operational
 - feedback & song choice
 - Set-up remote 1:1 mentoring
 - Disc 3 satisfaction survey
- Facilitate site visits
- Attend quarterly training series

KPI Measurement

Attendance and Sessions

- Annual Planning – Monthly training & related resources.
 - Resident's Satisfaction Survey - checklist for Activates Coordinator use
 - Certificate of recognition of completion Unit Standard
-
- Remember – groups will start small and grow

Valued by Managers & Owners

Harmonic Health makes management of your singing programme simple, and effective. Resources are user friendly and provide all of the materials 'out of the box' to implement the programme; from set-up guidelines to ongoing implementation and support. Harmonic Health provides managers with insights into the way their village programmes are performing. Singing programmes provide similar benefits to seniors' exercise programs, they grow exponentially and have high retention rates. The residents who sing are happy.

