

Music therapy and dementia evidence base

In 2009, the Department of Health commissioned a report which emphasised the need for further research investigating the clinical and cost effectiveness of non-pharmacological methods. In the UK music therapy has been recommended as a psychosocial intervention in the National Dementia Strategy (Department of Health 2009). Leading research has shown that music therapy can significantly improve and support the mood, alertness and engagement of people with dementia, can reduce the use of medication, as well as helping to manage and reduce agitation, isolation, depression and anxiety, overall supporting a better quality of life.

Recent research into music therapy and dementia:

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