



# Alzheimer's Society services evaluation 2019

July 2020

Spotlight on  
Singing for the Brain<sup>®</sup>





# Spotlight on Singing for the Brain®

**‘You realise you are not alone.’**

Person with dementia

**Singing for the Brain® is designed around the principles of music therapy and singing. The structured sessions are led by a facilitator and people with dementia can attend alone or with their carer. Singing for the Brain® sessions include social interaction and active participation.**

Evaluation data in 2019 was collected from 864 people with dementia and 703 carers, from 142 Singing for the Brain® groups.

**Did people who used Singing for the Brain® feel supported by staff and volunteers?**

Everyone agreed that they felt supported while they were at a Singing for the Brain® session (100% of both people with dementia and carers). They said that staff and volunteers were caring and supported inclusiveness, so they felt able to get involved.

**‘The staff and volunteers are exceptional; they have a brilliant understanding of needs and feelings.’**

Person with dementia

**‘The staff are fully appreciative of everyone’s circumstances as well as taking the time to learn about the individual. They provide a happy and warm environment for everyone making the group inclusive.’**

Carer



### Did people who used Singing for the Brain® feel they had social contact?

All of the people with dementia and carers (100% of both) agreed that the service was a source of positive social contact. The service had a relaxed atmosphere that people felt they belonged to. This helped them feel confident engaging with others, leading to a sense of camaraderie within the group.

**‘It’s a friendly atmosphere. I have made new friends and that has helped me to feel better about myself. It helps with my communication skills here, because if I go out and people talk over me, I stop bothering to talk.’**

Person with dementia

**‘You are part of a family; you feel connected and wanted.’**

Carer

### Did people who used Singing for the Brain® feel it made their life better in any way?

Everyone agreed that Singing for the Brain® made their life better (100% of people with dementia and of carers). Some people with dementia felt that the service helped them understand and come to terms with their diagnosis. Carers said that Singing for the Brain® gave them a break from their caring responsibilities. It gave them a chance to share information with other carers, and to form supportive relationships both within and outside the group.

**Acknowledgements:** The Evaluation and Impact Team would like to thank all the people affected by dementia and the staff and volunteers across Alzheimer’s Society who contributed to this evaluation. **This report was written by: Laura Freeman**, Evaluation and Impact Programme Manager, Alzheimer’s Society; **Dr Suzie Snowden**, Evaluation Manager, Alzheimer’s Society; **Sonam Zamir**, Evaluation Officer, Alzheimer’s Society; **Vanita Bhavnani**, Evaluation Officer, Alzheimer’s Society

### ‘We have learned coping strategies from each other.’

Carer

The sessions enabled positive and meaningful communication between the carer and the person with dementia that was not focused on daily aspects of care.

**‘Being a carer can be overwhelming and consuming. I wanted to build non-caring memories, something we can do together that isn’t food shopping, cleaning or taking mum to appointments. This group helps me do that.’**

Carer

People felt that Singing for the Brain® had a positive impact on their mood and sense of wellbeing. It reduced feelings of anxiety, and several people said the effects lasted beyond the group session.

**‘I’ve been terribly depressed. Coming here has helped me fight that. I am happy all day.’**

Person with dementia

**‘We now sing more outside Singing for the Brain® sessions with family, in the car or on walks. She [person with dementia] is not anxious when singing.’**

Carer

Find out more

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Alzheimer’s Society operates in England, Wales and Northern Ireland. Registered charity number 296645.