

SAMPLE CARE PLAN FOR USE OF INDIVIDUALIZED MUSIC

Problem/Strength	Date/Goal	Approach	Discp.	Outcomes
<p>Problem: Resident exhibits general restlessness and repetitive verbalizations (e.g. constantly yelling for help).</p> <p>Problem: Staff are frustrated and feel that they have exhausted the resources in managing the resident’s agitated behaviors.</p> <p>Problem: Family become depressed during their visit with the resident and usually cuts their visits short</p> <p>Strength: Staff identify that the behavior is most predominant in mid-afternoon, usually around 2:30 p.m.</p> <p>Strength: Family states that music was moderately important to the resident prior to the onset of agitation. Resident played both the organ and piano.</p> <p>Strength: Family members provided an audio- cassette from the resident’s personal music library.</p>	<p>Implement individualized music for approximately 30 minutes at 2:00 p.m. daily and p.r.n.</p>	<p>Play audio-cassette tape entitled <i>Golden Organ Favorites</i> featuring Bob Ralston/Jerry Burke and the Magic Organ daily at 2:00 p.m. by staff.</p> <p>Staff will play individualized music p.r.n. upon the initial signs of anxiety/agitation (i.e. general restlessness, unwarranted request for attention or help)</p> <p>Family will be invited and encouraged to play individualized music during visits. Daughter usually visits on Wednesday and Saturday at approximately 2:00 p.m.</p> <p>Staff and family will assess the frequency of the resident’s agitation immediately before, during and after the presentation of music. If at any time the level of agitation appears to be increased the music will be discontinued.</p> <p>Overall effectiveness of individualized music will be evaluated by ID and family at the resident care conference.</p>	<p>Nursing Family Activity Rec. Social Services</p>	<p>Resident: Upon initiation of the music the resident “began to calm down and was quiet after five minutes of listening to the music. On one occasion when the music started the resident stated, “I used to play the organ—I love this music!” On other occasions she sang and tapped her hand in rhythm to songs such as: <i>Somewhere My Love, You are my Sunshine</i>, and <i>Four-leaf Clover</i>. The staff reported that one evening the resident asked, “where is the music lady, I want to listen to organ music.” Music was played at this time upon resident’s request.</p> <p>Staff: Enjoying implementing music because they felt it was having a positive influence on the residents behavior and this served to decrease the staff’s level of frustration. Family: Playing individualized music during their visits and enjoyed seeing the residents positive response. Family tended stay longer during visits.</p>