The Entertainment Therapy Project

Music as a supplementary treatment for geriatrics in nursing homes

Tag Words: “Rutgers – music – therapy – nursing – home - volunteer”

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Video Links

The Entertainment Therapy Project: http://www.youtube.com/watch?v=qtQbwT7oKw
The Entertainment Therapy Project(2): http://www.youtube.com/watch?v=vQjhmc8_LGg
The Entertainment Therapy Project(3): http://www.youtube.com/watch?v=AwXLeaqhvMo
The Entertainment Therapy Project(4): http://www.youtube.com/watch?v=ehw1rxbdGeo
The Entertainment Therapy Project(5): http://www.youtube.com/watch?v=bJ0bSYWfGrY
The Entertainment Therapy Project(6): http://www.youtube.com/watch?v=aEQgW8-tGrY
The Issue: Music Therapy

What is The Entertainment Therapy Project? (AB)
Nursing home residents are often geriatrics with extreme physiological and/or psychological disorders, and are frequently reduced to very dull and unstimulating lifestyles which can compound symptoms of their medical issues. The goal of The Entertainment Therapy Project is to involve students and their communities in providing musical entertainment as a supplement to preexisting care in nursing homes that welcome the idea. The project is volunteer based and serves to invoke a tangible effect on geriatric residents. The effort is currently underway at Rose Mountain Care Center in New Brunswick, NJ thanks to a student group from Rutgers University that founded the project. The response from residents, staff, and the community thus far has been very positive.

Quality of Life in Nursing Homes
Only rarely do nursing homes meet all the psychological needs of their residents. The environment has been described as one of limited privacy and isolation from the outside world. Chronic disease in combination with advanced age can make life burdensome. The awareness that there is nothing to look forward to but routine care until death may lead to resignation. The prevalence of anxiety and depression among residents of nursing homes is 30-75%. In spite of good care, residents may feel like inmates and function as isolated individuals. Social interaction between residents, which could serve as the basis for mutual exchange, can be almost non-existent. Loss of control and lack of autonomy lead to learned helplessness, characterized by lack of motivation, cognitive and emotional/affective dysfunction. A facility providing too much assistance could result in self-induced helplessness, the elderly person becoming passive and apathetic, with impaired capacity to make decisions or to learn new things.

What is Music Therapy? (JJ)
The widely shared conclusion is that music can supplement medical treatment. The difficulties inherent in medical treatment of geriatrics warrant further studies of music as a supplementary therapy to standard care practices. The cost is low, there are few side effects, and music gives a high level of patient satisfaction. Often, patients that would generally seem to be inactive and mentally unaware of their surroundings magically appear to come to life and even participate. Clinical experience and analyses of effect size indicate that music has a specific potential in nursing homes. It can enhance well-being and alleviate symptoms like agitation, anxiety, depression, and sensomotor symptoms in neurodegenerative diseases; it may also contribute in palliative care at the end-of-life stage. In long-term care facilities, music is used with elderly residents to increase or maintain their level of physical, mental and social/emotional functioning. It is used to elevate mood and counteract depression, to promote movement for physical rehabilitation, to calm or sedate, to counteract apprehension or fear and lessen muscle tension. To learn more about the achievements of music therapy, visit http://www.musictherapy.org/faqs.html

The Target Demographic (KD)
The goal of the service project has been to build upon the idea of using music therapy as a supplement to medical care in a local nursing home whose patients we feel would gain the
The greatest benefit. We are currently working with Rose Mountain Care Center in New Brunswick, NJ. Information about this facility is included here. 

Rose Mountain Care Center
ROUTE 1 & 18
NEW BRUNSWICK, NJ 08901
(732) 828-2400

- Initial Date of Certification: 12/01/1997
- For profit - Corporation
- Participates in Medicare
- Participates in Medicaid
- 2 Star Rating
- 112 Certified Beds
- Not a Continuing Care Retirement Community
- Resident Councils Only
- Not a Multi-Nursing home (chain) Ownership

The star ratings are indications of the existing quality of care in the facility as designated by the official government Medicare website. Rose Mountain Care Center is considered to be a nationally "average" nursing home with no significant abuse or neglect.

The Service Project: The Entertainment Therapy Project

The Entertainment Therapy Project was created by a Rutgers student-group of talented volunteers in conjunction with the local community of students and musicians to provide weekly musical entertainment to the geriatric residents at Rose Mountain Care Center. The ultimate goal is to keep the project going so the benefits of music therapy become more widely understood and exploited as part of a care regimen in nursing home facilities across the country.

The procedure employed by the founding Rutgers group to start up The Entertainment Therapy Project involved several important key tasks. Firstly, they had to research and survey local nursing homes to determine which had the greatest need and want for their services. This involved extensive research on the internet as well as in-person visits to various local facilities to interview recreation supervisors. After choosing the facility and working out the fine details with the supervisor, the Rutgers students had to find and book volunteer musicians that would be willing to perform at the chosen facility. This has been accomplished by submitting editorials about the project to several publications as well as networking on the internet and making connections with the Rutgers University Musicians Guild (RUMG).

After two visits to Rose Mountain Care Center, the project, under the direction of Anthony Burdo, has been greeted with success. Group member, Richard Chien-Sun has emceed an assortment of acts including a jazz piano performance by Eitan Levine of the RUMG, a “feel good music” act featuring Anthony Burdo’s Tash Brothers trio arrangement, and a solo piano and singing performance from Joe Jang, Rutgers student in The Entertainment Therapy Project group. Overall, there has been a very observable positive response from the geriatric audience. Residents have appeared to be more aware and responsive: clapping their hands, tapping their feet, and even getting up to dance to the music. The effect has been sustained by the staff’s eagerness to have the group back again every Tuesday afternoon. Pictures of the project underway, taken by Katie Doyle, can be seen in the appendix.

The group is prepared to visit Rose Mountain Care Center every Tuesday afternoon from 2-3:30pm. As more students and local musicians become active in the project, the group will publish more information online and in print for distribution to heighten the awareness of the impact of music therapy in geriatric communities. By keeping a photo and video record of patient responses at the nursing home, the group predicts they will see a marked correlation of
music therapy to physiological, psychological, social, and behavioral progress in patients. When founding members of The Entertainment Therapy Project graduate from Rutgers, the RUMG has agreed to take on the project at Rose Mountain Care Center.

References

http://findarticles.com/p/articles/mi_m2459/is_n3_v27/ai_21132655/
http://findarticles.com/p/articles/mi_m3830/is_6_49/ai_63700204/
http://www.musictherapy.org/faqs.html
http://www.medicare.gov/NHCompare/Include/DataSection/Questions/HomeSelect.asp

Editorials

The Entertainment Therapy Project
By Anthony Burdo

We place our elderly loved ones in nursing homes with the expectation that the staff will meet all their needs and offer the best quality of care we think we’re paying for. However, the fact is that these facilities often fail to cater to more than patients’ dietary needs, medications, and basic activities of daily life. When every day presents the same predictable routine, and lacks the excitement we have pursued in our youth, this is the point when we truly stop living.

Four Rutgers University students in Professor Julie Fagan’s Ethics in Science course are bringing new life to a local nursing home, Rose Mountain Care Center, through a collaborative effort with fellow students and the local community. Joe Jang, Katie Doyle, and Richard Chien-Sun and I hope to jumpstart a widespread movement for students and musicians to give back to their communities through an initiative we call The Entertainment Therapy Project.

It’s not necessarily a new idea, but it’s one that has consistently shown to clinically enhance quality of life for the elderly: alleviating agitation, anxiety, depression, and sensomotor symptoms of neurodegenerative diseases. Our group is comprised of students, each with a unique talent, that aspire to take music therapy to the next level. Currently we are recruiting musicians from the university and surrounding community to provide tasteful and stimulating entertainment for the residents of Rose Mountain Care Center. We have been invited to start the project as soon as next Tuesday.

As project leader and pianist, I have personally volunteered at several nursing homes before, and I know how truly a gratifying experience it is watching seemingly sedate and stagnant old people come to life again with a little inspiration!

Under the supervision of professor Fagan, we will be contributing our time and talents in and outside the classroom, and The Entertainment Therapy Project promises to shed new light on music therapy as a supplement to clinical care with the mission of getting students and musicians
involved in their communities. Those interested in taking part of the effort can email aburdo@eden.rutgers.edu.

**Ethics in Science Editorial**  
By Joe Jang

As a student in college preparing for what most would deem a bright future ahead, it is easy to forget about those among us who are more advanced in years. But I feel that they still deserve our attention and care, as they have needs just like all of us. Most of the elderly are shunted to nursing homes when they reach a certain age or when they become a “burden” to the family. However, though the physical needs of each patient may be met, their need for refreshment and entertainment may not.

Four of us from Rutgers university have decided to initiate an “Entertainment Therapy” project. Studies have shown that entertainment (especially music) have a strong correlation with increase of the health of the patient, in areas such as depression, anxiety, neurological disorders and more. Not only does it improve their health, but entertainment therapy serves as a way to help improve their mood. This project seeks to work with the Musicians Guild at Rutgers to work with nursing homes in providing the elderly with music that they can listen to and enjoy. The goal is to improve the overall care of what the nursing homes already provide them, raising the standard of living even higher.

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**The Entertainment Therapy Project**  
By Richard Chien-Sun

Organizing talented groups to bring entertainment directly to local elderly

As our loved ones age and our life are filled with busy schedule, the solution to make sure our elderly love ones have the attention they desired is to place them in a nursing home. A quality nursing home can ensure that their elderly under great care for expansive price. And for a lower price, people risk the chance that their loved ones are not getting the attention that they desired. However, even with the best care and medical attention, most nursing home lack one of the most important element that we often forget, entertainment.

Aware of this situation, four Rutgers University students from Professor Julie Fagan’s Ethics in Science class decide to reanimate the life in the nursing home. Anthony Burdo, Joe Jang, Katie Doyle, and Richard Sun together organized a program that directly delivers talented musical groups to nursing home from those elders. By requesting volunteer from various musical groups, they are able to bring varieties of quality entertainments back to those elder’s life.

Anthony Burdo, the leader of the project who also volunteers his musical skill as a pianist to the program explained that, “it is a truly gratifying experience watching those seemly sedate and stagnant old people come back to life again!”

This program offers musician a chance to give back to communities. Students who create this program are hoping that once the program started, it will attract more and more people, both musician and audients. The goal of the program is not only to bring entertainment to elders, but also jump starts a serious of movement to bring better and more exciting life back to nursing home everywhere.
As a 20 year old college student, its easy to get so wrapped up in life that you forget about the older generations. Calling up grandma or grandpa in the nursing home may get pushed to the back of your “to do” list. While I never had the experience of having a loved one live in a nursing home, I grew up in a family where my father, grandmother, and 3 aunts worked in one. I was there a lot growing up and learned early that people living there deserve respect and compassion. So often today we hear about the negative publicity nursing homes get and how some families are accused of abandoning their elders to these institutions. At Rutgers University there is a group of students who are looking to help improve the lives and morale of nursing home residents. This group, in which I happily take a part in, organizes musical performances for different local nursing homes in the New Brunswick area. While still a small operation, the group looks to expand their reach further and to inspire other groups to follow their lead. It is shown that music can help fight depression, which many nursing home residents suffer from and visits also seem to simply brighten the days of those residents used to the monotony of institutionalized life. Most of the residents I talked to were very happy to have us and enjoyed the music, even if it wasn’t their favorite style. On a personal note, I felt good to know that I could continue what my grandmother did for over 30 years, helping improve the lives of those living in the nursing home communities.
Photo/Video Release Form

The Entertainment Therapy Project
Rutgers University
Ethics In Science – Professor Julie Fagan

Permission to Use Photographs and/or Video Footage

Subject: Entertainment provided by Rutgers University students

Location: Rose Mountain Care Center

I grant to The Entertainment Therapy Project, and its representatives from Rutgers University the right to take photographs and video footage of me in connection with the above-identified subject. I authorize The Entertainment Therapy Project, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that The Entertainment Therapy Project may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, and Web content related to Ethics in Science, a Rutgers University course instructed by Professor Julie Fagan.

I have read and understand the above:

Signature  ___________________________________

Printed name  __________________________________

Date  _________________________________________