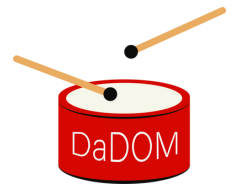


# Lesson 3 | Sound environment



## Assignment 1

## Case study "Mrs. Miller"

### Case study

Mrs. Miller is sitting at the communal dining table. She is very restless and refuses to eat. Mrs. Miller has been diagnosed with Alzheimer's disease for 5 years and has been living in the nursing home for 1 year because she can no longer live independently.

Mrs. Miller has always lived in the countryside between 2 farms; she had her own house here and lived alone for the last 10 years after her husband passed away. She was never a farmer herself, but she always enjoyed the sound of birds and cows.

She hears the nurses talking at a table behind her; they are on a break. In the kitchen, the plates are being washed for the people who have finished eating.

BEEP, BEEP, BEEP... "What is that?!" She sees the nurse walk past again. BAM! "Oh, I don't know anymore."

"Mrs., you need to eat something, shall I help you?"

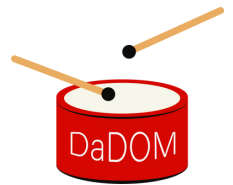
"NO, I don't want anything..." and she knocks the plate off the table. Mrs. Miller is covered in macaroni.

"It's not working, I DON'T WANT TO!" Mrs. Miller says.

1. **Why do you think Mrs. Miller doesn't want to eat?**
2. **What would you do in this situation?**



# Lesson 3 | Sound environment



## Assignment 2 A musical activity

Have you ever seen a music activity at your work (in healthcare), during your internship, or when visiting your grandparents in the care home?

1. What kind of music activity was this? (Describe the situation)
2. Was this in a group or individual setting?
3. How did the care recipients react to this activity?
4. What did you think of this activity?
5. What music activity would you like to do with care recipients?

## Assignment 3 Applying music in care

Using Music in Healthcare (Discussing in Class)

Many institutions are already implementing music in healthcare. Music clearly has a positive effect on the brain. Music can be applied in many different moments and situations.

### TIP

**Complete this assignment in groups of 2 or 3.**

Think about the following statements and write down your opinion. Justify your answer.

1. You need to be musically inclined to apply music within healthcare.
2. Music is best applied in group settings.
3. Carrying out musical activities takes up too much time for healthcare; it's already busy enough.
4. I would like to apply music in healthcare



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