

Listening to Religious Music Activity

RESIDENT IDENTIFIED LISTENING TO RELIGIOUS MUSIC AS A PREFERENCE.



Supply Check-list

- Assistive devices, as needed:**
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes**
- Device to play music**
 - tablet, such as an iPad
 - computer or laptop
 - iPhone or iPod
 - tape / cassette player
 - tv
- Headphones**
- Religious items that the resident might like to hold or interact with**
 - Rosary, prayer cards, Bible/Koran/Torah/etc, personal religious item
- Feeling Faces Emotion Assessment form**

Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What do you like about listening to religious music?
- How does listening to religious music help you?
- Have you always been religious?

Activity-related Questions:

- How do you feel when you listen to this song?
 - What do you like about this song?
- What do you remember about this song?
 - Did this song ever play at important religious events?

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know your religious practices are important to you. Would you like me to help you listen to religious music?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident what type of device they would like to listen to the music on. Only offer the available options.

- » Say: "Would you like to listen to music on [list 2-3 devices]?"
- » Variation: If the resident is unable to decide on a device, pick one that aligns with their preferences.

[CHOICE] Ask the resident if there is a specific musician or song they would like to listen to. Offer the available options based on their choice.

- » Say: "Would you like to listen to [list 2-3 musicians/groups/songs] ?"
- » Variation: If the resident is unable to decide on a musician to listen to, pick one that aligns with their preferences.

Activity Instructions continued

[BEGIN] Begin listening to religious music with the resident.

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "I can see you're enjoying the music!" or "You're really passionate about your religion!"
- » Do: Smile and nod.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, if needed.

- » Say: "I will be here if you need any help."
- » Do: Observe the resident if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice and use any special religious items to promote engagement.

* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **hear** and **touch** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **Hear:** Encourage the resident to listen to the music and sing along. Describe it together.

"Do you hear the music? What does it sound like? Does it remind you of anything?"
SING or HUM along with the song

» **Touch:** Encourage the resident to hold and touch their religious item while listening to the music.

"What does this item remind you of? How do you feel when holding the item?"

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about listening to religious music today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

