

Planning for Music: Make it Personal

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This simple planning sheet was designed to help you address individual needs as you embrace using music in dementia care. It is an excerpt from my book, *Songs You Know By Heart: A Simple Guide for Using Music in Dementia Care*. The book, which includes a contribution from Teepa, includes greater detail about how to use music relative to the GEMS® State Model. You can find the book, along with Mary Sue's sing along CDs and other music resources in the [Positive Approach to Care® store](#). For more musical resources including songbooks with lyrics, song guides, training videos, and free sing along videos visit [Singing Heart to Heart](#).

- 1. Think about the person you are caring for. What do you see that makes you think they are a *Diamond, Emerald, Amber, Ruby, or Pearl* GEMS State?**
- 2. Describe a situation where using music will help you, the person you care for, or both?**
- 3. Think about what your goal is for that situation:** For example: soothe, energize, connect, entertain, move from point A to point B, distract and redirect, other?
- 4. Think about how you will use music:** What song(s) and/or movement might you use? Refer to the [Singing Heart to Heart website](#) for song guides and suggestions.
- 5. Think about when and where you will try this:** Get specific about the time, place, and location.