

# Cameron Court – Glee Club is thriving!

"Dr Julie said anyone could run a singing therapy programme, and she was right." says Bronie McMurtie, from Cameron Courts Lifestyle Care & Village. "Due to our location in the lower South Island we were finding it hard to find good resources. Though we had some skeptics initially we have 12 members regularly participating in our Glee Club, that's a quarter of our residents. And you know what, after six months we actually sound really good! Singing for Seniors has made it really easy to implement a singing therapy programme for our rest home residents."



## Easy to Use

Bronie first heard Dr Julie Jackson-Gough, a world renowned expert in aged care singing therapy, speak at a workshop held at the New Zealand Diversional Therapy Conference in 2013. "I went in thinking I can't do this, I don't know how to sing. But that didn't matter, Dr Julie's product meant we didn't have to."

Singing for Seniors provides a professionally recorded disc set, one with singing, the other music only. Residents sing along with Dr Julie until they can sing unaccompanied. "I love that the product suits my residents, it's the song's they love and it's easy for them to sing along to." That's because Singing for Seniors is designed for seniors voices, which as they've aged are lower and slower.

## Loved by Residents

The programme contributes to the ongoing physical, mental & emotional health of residents of retirement facilities, in rest home and hospital settings.

"Family's ask me when they call up if it's me singing, I laugh and tell them no, it's Dr Julie. Resident's love when new disc sets arrive and families love the programme we've implemented and will even join in during visits." Residents love they get to choose they songs they like for future discs sets.

For more information

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Here's the thing, singing – it's not only feel good, it's good for you. Singing improves brain function and memory, increases lung capacity and oxygenation of the bloodstream. It's participation rates are higher than exercise and it can have the same physical benefits.

"Singing for Seniors has done all of the hard work" says Bronie. You get an email everytime a new resource is made available. Every month there is a new health theme for us to focus on, like depression, or the health benefits. We know our residents, but Singing for Seniors give us the confidence to work with them in the best way possible. We even have a lady on oxygen 24/7 who joins in. We wouldn't have known that this is good for her if it wasn't for the Singing for Seniors programme.

Training is 30 minutes long, once a month and they gives me new ideas I introduce each month. Because can't leave the village training is easy to join, and I spend more time with our residents. I don't have a computer at work so I call in by phone and if I can't dial that month because we've short staffed I watch the training at home and if I have any questions I just email Dr Julie. Over a quarter of our residents participateso we get real value for money from the programme.

We month print the programme structure, lyrics and posters and share them with my manager and colleagues. That way they know to look out for people who could participate. I'm not relying on booking an entertainer or pianst or the one of the resident's who only plays when he is up to it.

It's good for resident's health & it makes financial sense.

One of the key things about our subscription is we get additional support. We don't have a background in music, I was a teacher. Singing for Seniors is our on-call expertise, so they provide information for my manager to support me in my initiative. – "When we looked at the cost per resident for the programme it was half of that of some off our other activities. When we investigated further we realised nearly 40% of our training costs were going into travel time and expenses. This approach just made financial sense. When combined with lower level of complaints we decided to shift our entertainers budget to singing for seniors because it was more flexible, we could use it more often and the resident's loved it."

Designed for New Zealand aged care sector.

We know that your seniors still have a vital role to play in the community and we can help you create marketing stories, a point of difference, attract new residents, and keep your villages full and vibrant.

Independent of the facilities existing programme, resources, or site specific challenges, when your organisation license's our products it will have available experience and resources which provide a complete solution for singing therapy for your rest home or hospital.

- ✓ Research based model
- ✓ Backed up with training
- ✓ Facility based model
- ✓ Designed to ensure buy-in from facility managers & staff
- ✓ Consistent programme structure provides a clear idea of what will work in the sites and what won't
- ✓ Major impact on culture and wellness for staff and residents
- ✓ Continual improvement and a strategic vision beyond 12 months