




The Power of Music For  
Older Adults

 PercussionPlay  
Outdoor Musical Instruments

# Music Made for the Great Outdoors



Percussion Play is the world's leading manufacturer of outdoor musical instruments. Designed with durability in mind, we are committed to making musical expression accessible to everyone, everywhere.



# Accessible Sensory & Music Gardens

Being outdoors stimulates all of the senses; it awakens our connection with nature and with each other. Being outdoors shouldn't end as mobility and other issues arise in older adults.

Outdoor musical instruments in well thought out, accessible gardens bring renewed opportunities for seniors to enjoy time outdoors, easily incorporating music into daily activities and therapy sessions. They will stimulate and engage, inspire and challenge the residents.

Stepping outside to play tranquil music on the instruments can enrich the life of the senior resident in many ways - physically, mentally, and spiritually.

Beautifully designed surroundings lift the spirits and adding an outdoor musical instrument installed either as a centrepiece or in a quiet shady corner next to a bench or chair will offer both a sensory experience and a moment of reflection to wonderfully interrupt everyday life.



“One of our dementia residents has difficulty lifting one arm. When he first starts to play the outdoor xylophone he can barely lift his arm, yet before long he starts to lift it higher and higher, the effect can be seen after just a few minutes!”  
Aars Elder Centre (Care Worker)

# Physical Activity and Therapy (Therapeutic Recreation)

Seniors activities are not just for filling up the hours of the day or to keep busy. They need to nurture the mind, body and spirit. Music and Music therapy can engage residents in new ways; music transforms the atmosphere and the effects ripple throughout the entire place.

Installing outdoor musical instruments will serve to motivate residents and provide opportunities for them to remain active. Moderate physical activity can be gained through playing a musical instrument; improving mobility, strength, and endurance. It will engage many different muscle groups, promoting hand strength, joint flexibility, and overall improvement of motor skills.

Active music-making has been found to provide a source of enhanced social cohesion, enjoyment, personal development, and empowerment, and while a “breath of fresh air” may just be an expression, the benefits of a little outdoor activity are in fact very real.



# Music For Mood & Memory

Activity is essential to a person's wellbeing and gives purpose and enjoyment to their day. Encouraging someone with dementia to do something creative, some gentle exercise, or take part in an activity helps them to realise their potential, which improves their self-esteem while reducing agitation and any feelings of loneliness.

One particular area of research is the effect of music on those with dementia or seniors at risk of isolation and depression. Playing music offers a number of mental health benefits. There is natural motivation, it's rewarding, and it provides a sense of accomplishment. In addition, spending time outdoors absorbing sunlight has also been shown to improve mood, sleep, and decrease feelings of sadness.

Music enables people to be contributors and not just recipients of care. It provides opportunities for people to reconnect with a sense of autonomy and agency, at times when they may feel as though they have little or no control because of the impact of dementia.

People in the advanced stages of the disease can no longer speak or understand words, which can be very upsetting for family members – but music provides them with an alternative means of communication and it's proven to be effective.



# Music For Socialisation

Lack of socialisation is related to negative impacts on health and well-being, especially for older people. However, socialisation must encompass more than physical presence or conversation. Outdoor musical instruments promote interaction, providing a wonderful way for seniors to engage with others while getting a little physical activity and spending some time outdoors.

Sharing the musical instruments with family, friends and visitors will imbue a sense of community pride and ownership amongst the residents. Playing music is a multi-generational and fun experience, and playing music together with family members, other residents or helpers, creates social interactions that will have a positive impact on mental function, mood and overall well-being.

For many families, the external spaces are a key factor when considering moving elderly relatives.



The garden tends to be a place where people can connect with each other in a more meaningful way and having musical instruments in the garden gives residents a reason to go outdoors, and then a reason to want to stay there once they've arrived, contributing to psychological and physical wellness whilst simply making life more fun!

*'My Grandson is learning drumming at school - he'll certainly enjoy himself here!' Paul, a care home resident.*

*'The way they look and the way they sound are interesting. They are easy to play with other people' Doreen, a care home resident.*





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