mindsong

Levels of Engagement in Music Therapy for People Experiencing Dementia

Ruth Melhuish 15/12/15

Developed from 'Levels of Engagement Rating Scale' (Ruth Melhuish) and 'Mindsong Observational Rating Scale' (Jane Crampton)

Name.....

Evaluator.....

Pre-session baseline: Asleep / Passive / Alert / Active / Talking / On the move / Agitated / Anxious

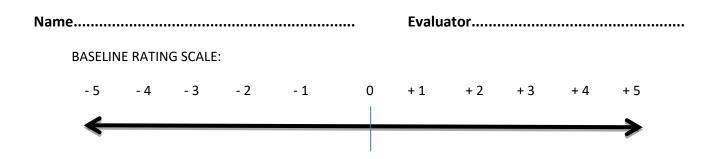
During session: Please choose the level (from table below) which best matches the session you've taken / observed.

Level	Description	Duration			
0	No awareness of therapist or music. For eg: No observable response /	N/A			
	asleep / passive.				
1	Some awareness of therapist / carer / music. For eg: turning head	Sustained			
	towards sound; a movement in response to sound or presence; change in	Intermittent			
	breathing rate.	Brief (max 3 episodes<2 mins)			
		Momentary (episodes<30 sec)			
2	Some engagement with therapist / carer / music. For eg: physical	Sustained			
	responses to the music, moving, tapping, vocal sound/s, change in	Intermittent			
	breathing rate according to the music. Moment/s of eye contact etc.	Brief (max 3 episodes<2 mins)			
		Momentary (episodes<30 sec)			
3	Engaging with music more directly & 1:1 with therapist or carer. For eg:	Sustained			
	eye contact, vocal sounds / speech directed toward the therapist / carer	Intermittent			
	or in engagement with the music / holding an instrument. Supported	Brief (max 3 episodes<2 mins)			
	playing or exploration of instruments.	Momentary (episodes<30 sec)			
4	Increased interaction & engagement with group / therapist and carer.	Sustained			
	More awareness of others, some independent or spontaneous playing	Intermittent			
	and singing, engaging in playing and singing together. Some verbal	Brief (max 3 episodes<2 mins)			
	communication / reminiscence.	Momentary (episodes<30 sec)			
5	Highest level of interaction & engagement. Making suggestions, taking	Sustained			
	initiatives, choosing, engaging in discussions, musical turn-taking, making	Intermittent			
	verbal connections with emotion / feeling / memory. Negotiating /	Brief (max 3 episodes<2 mins)			
	adapting / sharing instruments with others.	Momentary (episodes<30 sec)			

Session	1	2	3	4	5	6	7	8	9	10	11	12
Before												
During												

mindsong

WELLBEING SCORE



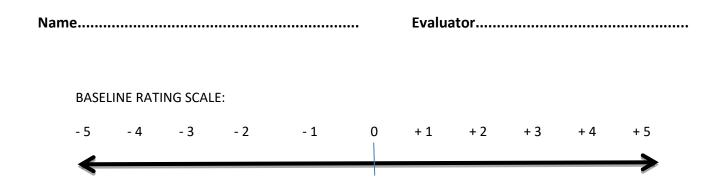
NEGATIVE WELLBEING INDICATORS	POSITIVE WELLBEING INDICATORS							
OBSERVED	OBSERVED							
- 5: very significant evidence	+ 5: very significant evidence							
- 4: significant evidence	+ 4: significant evidence							
- 3: moderate evidence	+ 3: moderate evidence							
- 2: mild evidence	+ 2: mild evidence							
- 1: slight evidence	+ 1: slight evidence							
0: None observed or asleep								

EXAMPLES OF NEGATIVE WELLBEING	EXAMPLES OF POSITIVE WELLBEING
INDICATORS	INDICATORS
 physically tense (face & body) 	 physically settled /relaxed
 lack of/avoiding eye contact 	- increased alertness
- facially blank/unresponsive	- open body language
- lack of/avoiding interaction	- smiling
- negative facial expression (grimace, frown,	- eye contact
forced smile, rolling eyes, mimicry)	 increased facial expression
- sighing, tutting, muttering, shaking head,	 increased bodily responses (feet, hands, head)
blocking ears	 touch/physical contact with others
- rejecting direct interaction (verbal or musical)	 increased energy and concentration
- restlessness, unable to remain seated	-increased active participation
- reduced energy and concentration	(humming/singing/ dancing/playing
- intrusive to others, continuous talk	instruments)
- irritability & agitation – verbal comments,	 expression of enjoyment, appreciation,
verbal hostility to staff or group members	humour, pleasure, affection (verbal & non-
- aggression - shouting, abusive, over-forceful	verbal)
use of instruments – throwing, hitting	-spontaneous interaction & initiatives
- distress – crying, wailing, screaming	- spontaneous expression of authentic emotion
- leaving the group either spontaneously or	- fully engaged in the "here and now"
removed by staff	

Session	1	2	3	4	5	6	7	8	9	10	11	12

mindsong

RELATIONSHIP SCORE



NEGATIVE RELATIONSHIP INDICATORS OBSERVED	POSITIVE RELATIONSHIP INDICATORS OBSERVED							
- 5: very significant evidence of interactions	+ 5: very significant evidence of interactions							
- 4: significant evidence of interactions	+ 4: significant evidence of interactions							
- 3: moderate evidence of interactions	+ 3: moderate evidence of interactions							
- 2: mild evidence of interactions	+ 2: mild evidence of interactions							
- 1: slight evidence of interactions	+ 1: slight evidence of interactions							
0: None observed or asleep								

Interactions may be verbal, non-verbal, musical or all three, and may be with therapist, staff, other group members or family members. One or more of the following letters can be used to denote who the interaction was with:

s (staff)

- p (patient) or r (resident) or c (client)
- r (relative) or f (family)
- t (therapist)

Session	1	2	3	4	5	6	7	8	9	10	11	12

Dementia group evaluation tool: RM10/14