Drumming with Dementia

A Therapeutic tool to reach those with Dementia
Benefits of Drumming

- Increase Energy
- Making Social Connections
- Decrease Anxiety
- Decrease Depression
- Increase Motor Skills
- Stress Relief
- Elicit a Purposeful Response
- Provide Self-Expression/Creativity
Evokes positive affects on the body, generates good energy and self-expression
Lets Drum!!

#1

TePe – TePe – Ta – Ta
TePe – Ta – Ta – TePe
TePe – TePe – TePe - TePe

#2

Ta – Ta – TePe – Ta
TePe – TePe - TePe – Ta
Ta – TePe – Ta - TePe
Positive Outcomes

- Encourages gentle movements with physical activity
- Hands on and sensory stimulation
- Encourages participation at their comfort level
- Accessible to adaptation at any personal level of function
- Unity and purpose within the Group
Do I have to be a musician to be in a Drum Circle?

Absolutely not! Drum Circles are not meant to be serious and stressful music making events or concerts. Everyone can be engaged at their own level of functioning, while demonstrating the ability to drum. The beauty is that you can never make a mistake in a drum circle. Everything is cool! The only possible mistake you could make is not to have fun.
Starting a Drum Circle

• Concerns:
  • Cost
  • Equipment-- buy/make – new/used
  • Beginning – learning as you go/ lessons

JUST DO IT !!!

Starting a Drum Circle