

Remini-Sing

- ♪ Find your voice in a relaxed and supportive group setting
- ♪ Sing old favourites and learn new songs
- ♪ No musical talent or experience required
- ♪ Chat and connect with others over afternoon tea
- ♪ Contribute to music therapy and dementia research

The University of Melbourne is investigating the effects of therapeutic singing groups for community dwelling people living with dementia and their family caregivers.

Do you enjoy music? If you are aged 60 or older and have a diagnosis of dementia, or care for someone with dementia at home, you may be eligible to participate in this research project. No musical talent or experience required! Participants will be randomly assigned to either a “Remini-Sing” singing group or a waitlisted control group. Prior to starting, and after weeks 10 and 20, all participants will complete assessments of wellbeing, relationship quality and cognitive function. Intervention participants will attend 90-minute weekly singing groups for 20 weeks and will be supported to use music at home. Control participants will be invited to attend a Remini-Sing singing group after the 20-week intervention period.

Choir locations include: Hawthorn, Kingsville, Forest Hill, Noble Park, Brighton, Bendigo and Hobart.

**To register interest, please contact Carol Fountain at
Uniting AgeWell:**

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