

# 「音樂伴我健身心 欣悅樂韻家眷親」

## 音樂律動活動

### Music Intervention for People with Dementia and Their Family Caregivers

#### 由家中照顧者為早期認知障礙症患者提供的音樂律動活動

A home-based, caregiver delivered music-with-movement intervention for people with early dementia

早期認知障礙症患者經常遇到焦慮和睡眠問題，這往往會增加照顧者的壓力。理大的研究團隊設計了一套可以由照顧者在家中或由看護人員在長者中心提供的音樂律動干預給予早期認知障礙症患者。當中該研究證明了，音樂律動干預能令早期認知障礙症患者的焦慮減低，照顧者的抑鬱徵狀下降，家人之間的互動亦得以改善。我們共培訓了95位照顧者及來自8個機構的86位員工，舉辦了5場公眾教育講座予大約1200人，並舉辦了2次工作坊和1次專業研討會。



People with early dementia often experience anxiety and sleep problems, which alleviate the pressure on both patients and their primary caregivers. PolyU researchers developed a Music-with-Movement intervention that can be delivered by trained family caregivers at home or trained activity staff in elderly centres for people with early dementia. As proven by test results, the intervention has positive effects not only on reducing depressive symptoms of people with early dementia and the anxiety of caregivers, but also on improving family interaction.

The team has trained 95 caregivers and 86 staff members from 8 organizations; organized 5 public education seminars to a total of around 1200 people; and conducted 2 training workshops and 1 professional seminar.

#### Principal Investigator

Prof. Claudia LAI  
School of Nursing

#### Contact Details

Institute for Entrepreneurship

Tel: (852) 3400 2929 Fax: (852) 2333 2410 Email: pdadmin@polyu.edu.hk

#### Co-Investigator

Dr Daphne CHEUNG

#### 特色與優點

- 通過文化恰當、由照顧者在家提供的音樂干預，促進早期認知障礙症患者和其照顧者的安康。
- 透過公共教育和學術發佈，提升社會對早期認知障礙症及音樂干預的認識。
- 通過參與及提供音樂律動干預，創造互相支援的家庭文化。

#### 應用

- 可用於社區、以實證為本、配合本土文化的音樂律動活動

#### 獎項

- 英國國際認知障礙症會議2015 - 國際認知障礙症獎「認知障礙症與藝術」組別的最後入圍項目(2015年11月)
- 理大卓越知識轉移項目獎 - 卓越社會項目優異獎 (2017年6月)



#### Special Features and Advantages

- Promotes the wellbeing of people with early dementia and their caregivers by a culturally appropriate, caregiver-delivered, home-based music intervention
- Increases the public awareness of early dementia and music intervention through public education and promotion within the scientific community
- Creates a supportive culture within the family through participation and meaningful interaction.

#### Applications

- A validated culturally appropriate, caregiver-delivered, home-based intervention protocol

#### Awards

- Finalist - International Dementia Awards in the category of "Dementia & the Arts", International Dementia Conference 2015, UK (Nov 2015)
- Merit Award in Community Excellence - PolyU Distinguished Knowledge Transfer Excellence Awards, Hong Kong (Jun 2017)



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