



Songs You Know By Heart: A Simple Guide for Using Music in Dementia Care

Mary Sue Wilkinson

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Are you a caregiver, family member or activity director caring for seniors or someone with dementia? This guide is for you.

Are there days when you're short on time and energy and wish your job could be easier? Do you prefer to focus on what people can do instead of only focusing on the support they need? Would you like to help awaken memories, bring happiness, and truly connect with fun and meaningful activities that everyone can enjoy?

This easy to use guide includes contributions from leading dementia care specialist Teepa Snow as well as a download of Mary Sue's recording of 18 favorite sing along songs.

Spend five minutes (yes, that's all you need) to learn the benefits. You can try one idea in the guide, or try them all. Turn on the music, follow the simple directions, and get ready for some joy!

SONGS INCLUDED IN DOWNLOAD

I Got Rhythm
Let Me Call You Sweetheart
Don't Sit Under the Apple Tree
Always
My Little Margie
My Bonnie Lies Over the Ocean
Peg O' My Heart
Bicycle Built for Two
Four Leaf Clover
Five Foot Two, Eyes of Blue
Shine On Harvest Moon
Put Another Nickel In Music! Music! Music!
Take Me Out to the Ball Game
My Wild Irish Rose
On the Sunny Side of the Street
Side By Side
You Are My Sunshine
When You're Smiling

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Contact Mary Sue Wilkinson at marysue@singinghearttoheart.com

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