



Planning tomorrow **today**

## The Commission on Dementia and Music:

### Considering what works and how to influence change

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ILC-UK is an independent, non-partisan think-tank dedicated to addressing issues of longevity, ageing and population change.

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# ILC-UK Planning Tomorrow, Today

- Think tank
- Evidence based
- Policy focussed
- Balanced
- Independent
- Respected
- Experts
- Networked
- International



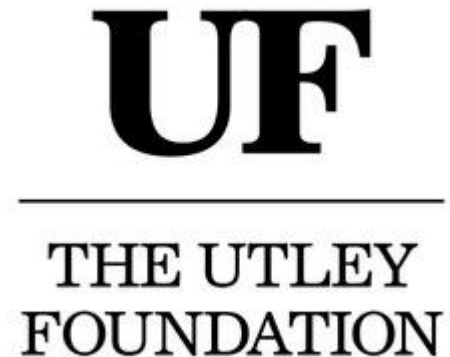
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# The Utley Foundation

- A private family charitable trust, established in 2014
- Advancing social causes close to the heart of the trustees
- Catalyst for funding and wider action
- Areas of interest:
  - Music and Dementia
  - Veterans
  - Children
  - International Aid



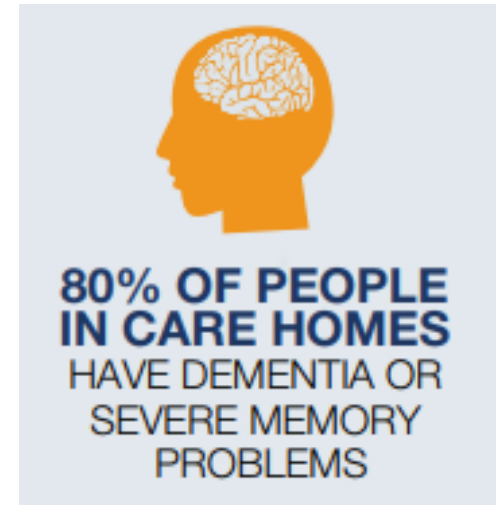
# Quick facts – Dementia



- **850,000** people with dementia in the UK – est. 1 million by 2025
- **700,000** unpaid carers for people with dementia – est. 1.7 million by 2050
- Annual cost of dementia to the UK is **£26.3bn** – est. £50bn in next 30yrs
- **Dementia costs more** than cancer, stroke, and chronic heart disease combined

## Quick facts – Dementia [2]

- Delaying onset of Alzheimer's by 5 years could result in **£100bn saved between 2020 and 2035**
- **c.80%** of PWD in care homes have behavioural and psychological symptoms of dementia (**BPSD** e.g. agitation, depression, anxiety)



# Creating the Commission on Dementia and Music

## Context

- Differing definitions of ‘music-based interventions’
- Sporadic and highly variable provision
- Emerging understanding of effectiveness, but with significant gaps
- Suspected low awareness amongst public, practitioners, policy makers etc

# The activities of the Commission

- Brought together 12 high-profile expert Commissioners
- Literature review
- Site visits
- Call for written evidence
- Oral evidence sessions
- Report and launch event
- Media traction

# Defining ‘music-based interventions’

We chose to use the phrase ‘**music-based interventions**’ throughout our analysis and report, to refer to what we discovered to be a very broad range of activity and approaches.

As we explored in our report, reflecting on all of the evidence to hand, examples of ‘music-based interventions’ can include:

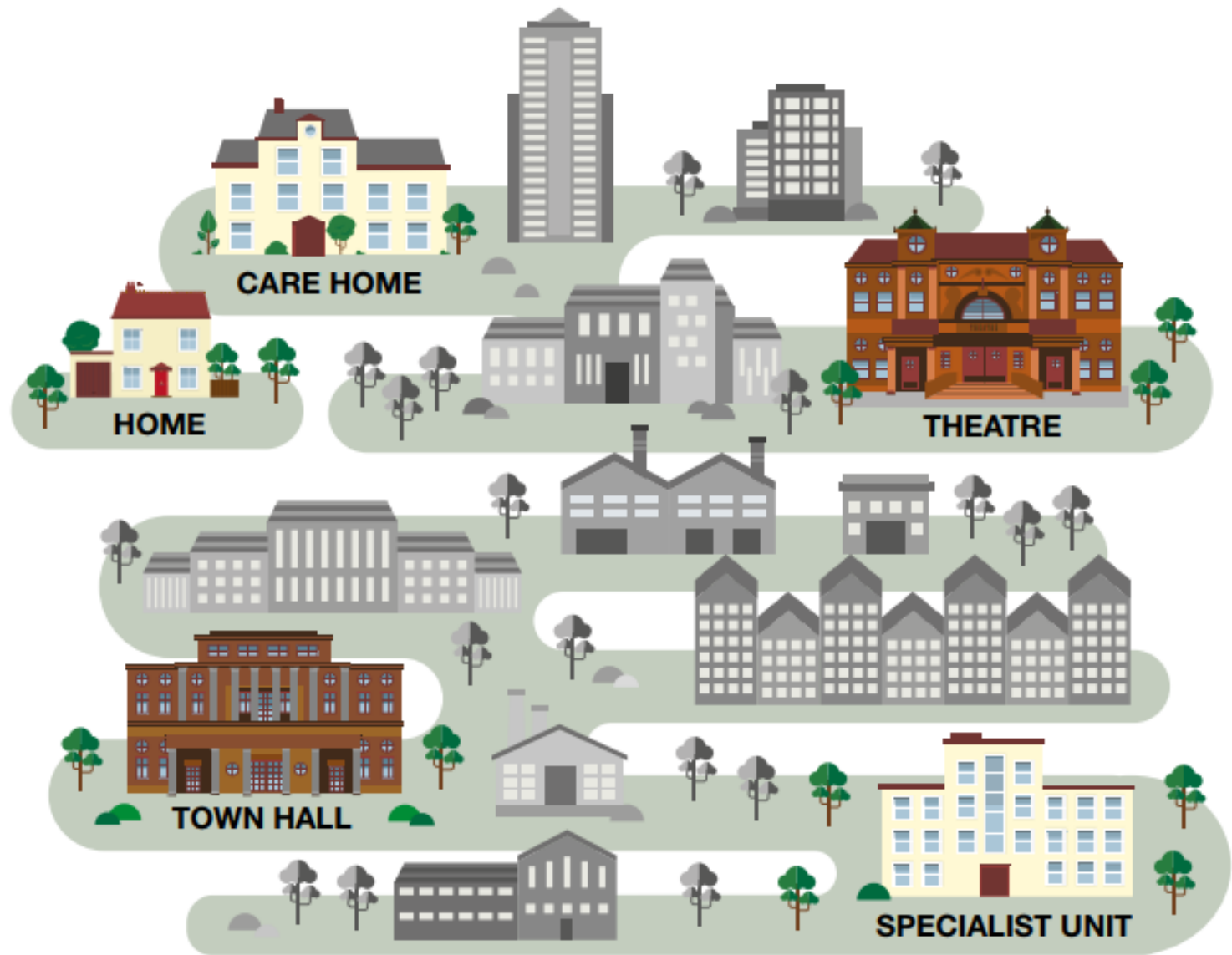
- Listening to music
- Personalised, recorded music
- Learning and playing an instrument
- Live music in care homes
- Music therapy
- Community-based musical performances and events
- Community-based music groups



# Current state of play – what did we find?

- Sporadic – well-developed in some areas but minimal, or even entirely unavailable elsewhere
- Lack of information about:
  - Availability
  - Locations
  - Delivery partners
  - Effectiveness
  - Cost





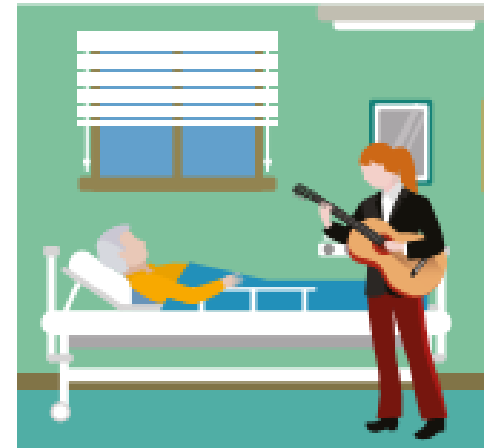
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# Benefits of music-based interventions

- Music and the brain
- Minimising the behavioural and psychological symptoms of dementia (BPSD)
- Tackling anxiety and depression
- Retaining speech and language
- Enhancing quality of life
- Impact on caregivers
- Palliative and end of life care



# Today's workshop

- We will go on to explore:
  - The potential reach of dementia and music
  - Effective delivery
  - Barriers and challenges
  - Opportunity areas
  - Report's conclusions and recommendations
  - Next steps for the work

**Workshop today at 14:05**

**Please come along for a more  
detailed discussion!**



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