

10 Ways to Use Music When Your Loved One is Dying

For Family, Friends and Volunteers

Download the full Guide to Using Music in Hospice Palliative Care: Music Collections and More www.room217.ca

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Hum

Less intimidating than singing, humming is comforting and intimate. Gently hum, using a favourite song or chorus.



Music Care Kit

Assemble a toolbox of musical items you can use with your loved one. Ideas include a playing device, lyric sheets or songbooks, recorded music, instruments, conversation starters, cleaning materials.



Listen

Share music together in a quiet place with minimal interruptions. What memories come up for you?



One Song

Choose a (part of a) song that is comfortable for you. Sing it. Whistle it. Hum it. Speak it. When you sing the song what is your goal, to raise energy? Help with settling, distract? Help with a care task?



Playlist

A music care playlist is for personalization e.g. favorite songs, evoking a feeling OR for legacy e.g. used by the ones who come after.



Legacy Song

Writing a song together can be a means of life review and legacy.

1. Pick a familiar song
2. Use prompts to initiate discussion i.e. words of advice, what do you love about..., what do you enjoy doing together
3. Pick a theme you will write a song about
4. Scan lyrics of original song and determine whether you will omit some words or rewrite lyrics
5. Write song and sing it



Music Conversations

Talking about music helps us reconnect to the people, places, events and feelings in our lives.



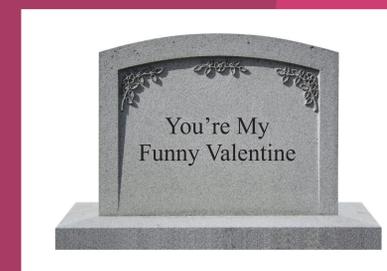
Take Care

Self-care ideas include a personal playlist, a musical bath soaking in soothing sounds, singing in a choir, drumming in a circle, exercising or walking to music, journaling while listening to music.



Musical Epitaph

Think of a song phrase or title that encapsulates your loved one's character, values, beliefs or sentiments.



Funeral/Memorial Music

Start thinking together about music for celebration and remembering.

