

Who Will Benefit from SingFit STUDIO Pro:



Most successful clients will come to the session being able to:

- Speak words, even if their speech is incoherent and jumbled.
- Intentionally vocalize and make sounds.
- Remain alert and awake without significant prompting.



Clients who will potentially benefit from SingFit are:

- Non-verbal, as long as they aren't in a vegetative state. (Try using SingFit for 2 - 3 sessions to gauge their response to this tool.)



SingFit is not intended for clients who are:

- Catatonic and cannot actively vocalize, hum, or listen.
- Very sensitive to sensory stimulation, cannot tolerate being excited, and/or who are easily startled by sound or movement.

Care Plan Goals Supported by SingFit:

- Mood and Engagement
- Orientation and Focus (Joint attention and attention span)
- Communication Skills (Vocalization, Word formation, Volume, Intelligibility)
- Cognitive-Communication Skills (Eye contact, Self-expression / Choice)

Starting the Session:

Introduce the Session

- **Introduce SingFit as you would typically:**
 - "I brought some music to share with you."

Choose a Playlist:

- **Option A: Create a Playlist with the Client's Family: Client's Family Songs**
 - Work with the client's family members before using SingFit in order to build a playlist with a few songs of their favorite artists and genres. Label the playlist with their name (i.e. "Anna's Family Songs").
- **Option B: Use the SingFit Playlist Simple Songs to Get Started**
 - These songs include simpler language as well as additional space between the lyrics. They give the client more time to process the lyric coach prompt and then sing along. Use at least 2-3 of these songs as a way to create successful engagement for the client until they are more comfortable with the lyric coach.



- * Use either playlist as a starting point for building your client's personalized playlist. Start session 2+ in the client's personalized playlist. You can find additional songs in the Age-Based Playlists and Genre playlists.



The RePEAAT Protocol:

1. Read song titles aloud very slowly to the client

2. Play the song the client chooses

- If the client's level of functioning prevents them from picking a song, simply play a short snippet of a song (through the chorus) to gauge the client's reaction to the song.

3. Engage & Observe

- Evaluate the participant's response to the song using the **5 Points of Engagement*** and assess their singing, facial expressions, movement, talking, and energy level in response to the song.
- If they react positively, continue playing that song. If they respond neutrally or negatively, fade out the song by slowly turning down the volume on the speaker. Then choose another song.

4. Affirm the client, song, experience, etc.

5. Add song

- If the client responds positively to the song, add it to their personalized playlist. For clients with Advanced Dementia, it is more important to find songs that they engage with, rather than songs that are specifically identified as their favorites.

6. Talk

- Specifically for people with more advanced dementia, a closed ended question can enable them to be successful in conversation, which can then build to more interaction. If a client will benefit from further conversation, use an open ended question to dive deeper.

*5 POINTS OF ENGAGEMENT

1 Singing

- Humming
- Mouthing the words
- Singing

2 Facial Expressions

- Look for change - peaceful expression
- Smiling / brightened affect

3 Movement

- Foot or finger tapping
- Swaying
- Head Nodding

4 Talking

- Vocalizations (intelligible or unintelligible)

5 Energy Level

- More energized or calmer
- More alert posture
- Vocal changes (volume increase or more expressive tone)



What Does Engagement Look Like?

1. 5 Points of Engagement: Non-Verbal Cues that Reflect Engagement (more info):

- a. The 5 Points of Engagement are cues to be aware of that will indicate the client's level of engagement in a musical setting. If a client is highly engaged in a given song, you would want to add it to their personalized playlist. Especially if the clients are expressing two or more of the 5 Points of engagement, we recommend adding to their personalized playlist. For clients with advanced dementia even small or subtle levels of engagement can be very significant. When assessing engagement, be conscious of your client's baseline responses, the number of times you have used SingFit with the client, the possible distractions in their environment, and the time of day - as these may affect their level of engagement. It may take a session or two to become familiar with the way your client interacts with music, and for the client to get accustomed to interacting with you in a musical environment. For clients with advanced dementia, many clinicians use SingFit for two to four sessions before seeing significant gains.

*5 POINTS OF ENGAGEMENT

- 1 **Singing**
- 2 **Facial Expressions**
- 3 **Movement**
- 4 **Talking**
- 5 **Energy Level**

Engagement Strategies

1. Introducing the Lyric Coach to Advanced Dementia:

- a. For clients with advanced dementia, rather than "Explaining the Lyric Coach" at the beginning of the session, skip this step. Turn off the lyric coach for the first half of the song. Then, before the second chorus, tell your client: "now listen for the words and help me sing" and then turn up the lyric coach track.

2. Adjusting the Volume Tracks:

- a. Due to your client's cognitive processing, it's especially important to adjust the volume slowly so that they are not surprised by the start of a song. Loud noises or sudden changes in volumes for those with advanced cognitive decline may be startling or cause anxiety. Before you play a song, make sure the volume is set to medium/low level and then slowly increase the volume up to a medium/high volume after you start the song. Make sure that the volume is adequately loud enough for the client to feel the music after you start the song.
- b. Some clients may be confused by the lyric coach. If that is the case, lower or turn off the lyric coach and try to choose songs that the client can sing along to without the lyric coach. Reintroduce the lyric coach at a later date when the client is struggling to remember the lyrics.

3. Choose the Right Time:

- a. Initially, try to make sure you choose a time to run your session when your client is most alert so that you can gauge their responses to the music accurately. It is also helpful, at least at first, to schedule sessions when your client is typically in a good mood so you can keep a positive association with the process and learn what will really engage them. Then, in the future, if they are in a bad mood or are experiencing distress you will be able to use the music to help engage and organize them or shift their focus.

