

Music may benefit older adults with cognitive impairment

19 May 2021

analysis. *Journal of the American Geriatrics Society*
[DOI: 10.1111/jgs.17208](https://doi.org/10.1111/jgs.17208)



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Active music-making can provide cognitive benefits to older adults with mild cognitive impairment or dementia, according to an analysis of all relevant studies. The analysis, which is published in the *Journal of the American Geriatrics Society*, also found that music may help improve their quality of life and mood.

The analysis included nine studies with a total of 495 participants. The authors noted that music-based interventions could potentially provide millions of older adults with critical support for their cognitive, emotional, and social well-being.

"We are excited to see these results because participating in music, like singing in a choir or playing in a drum circle, is a safe, engaging activity that our research demonstrates can support cognition at a critical time for [older adults](#) facing cognitive decline," said lead author Jennie L. Dorris, MM, of the University of Pittsburgh.

More information: Jennie L. Dorris et al. Effects of music participation for mild cognitive impairment and dementia: A systematic review and meta-

APA citation: Music may benefit older adults with cognitive impairment (2021, May 19) retrieved 6 June 2021 from <https://medicalxpress.com/news/2021-05-music-benefit-older-adults-cognitive.html>

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