

Alive Inside internship

Location: Panorama City Convalescent & Rehabilitation Center, Lacey

Qualifications: Students should have an interest in care and treatment of aging populations, and/ or an interest in the use of music as a way to achieve health and well-being. They must have a desire to build excellent communications skills with people in difficult environments. They must be comfortable with the technical aspects of building playlists.

Learning objectives: Become familiar with current strategies within the nursing home environment to address the mental well being of residents with cognitive challenges such as Alzheimers, dementia, anxiety.

Become familiar with current findings on the connection to music and identity, with special attention on aging populations.

Application instructions:

Students should contact Sound Connections coordinator/director through annacareoly@gmail.com with a letter of interest, describing why they are attracted to the internship and what skills they could bring to the internship, to be followed subsequently with an interview.

Suggested timeline

Time per week could range from 5 to 10 hours per week, dependent upon the needs of the student and on how many nursing home residents could be engaged in some aspect of this work.

Before Week 1:

Apply to volunteer at The Convalescents and Rehabilitation Center at Panorama City and meet with their activities director. Application will take time to finalize background check so start early.

Week one:

Meet with Sound Connections coordinator/director to view the documentary *Alive Inside*, to review *Alive Inside* for training materials, to review bibliographic resources and discuss your specific interests and skills in the context of the Music and Memory Program.

Week two:

Learn how Panorama operates their Music & Memory program. Learn how volunteers distribute and manage the ipods. Learn how to manage the playlists. Continue meeting with Sound Connections coordinator/director in weekly meetings.

Weeks three through nine:

Bring personalized playlists to residents and introduce the residents to the music. Observe and record experiences. Continue to research topics that will aid in your work. Weekly meeting with Sound Connection coordinator/director.

Week 10:

Prepare written report on observations and recommendations with Sound Connections. Final meeting with Sound Connections coordinator/director