

# Research

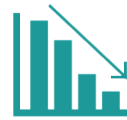
Independent research conducted by Australian Catholic University across 64 aged care homes concluded that our program has a positive impact in dementia care.



**70%**  
reduction in  
observed dementia  
behaviours



**80%**  
of staff reported  
improved job  
satisfaction



**65%**  
believed would lead to  
a reduction in the use of  
psychotropics



**94%**  
acceptance and  
uptake of  
headphones

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## Music as a therapy program: A person-centred care tool that improves job satisfaction for staff caring for Aged Care Residents\*

### Residential aged care work is demanding and associated with high burnout rates & staff turnover.

The person-centred framework has been linked to increased job satisfaction and quality care in aged care (Barbosa et al., 2015), and has many synergies with Music as Therapy (MT). Emerging research highlights the ability of MT to reduce perceived challenging behaviours and improve wellbeing (van der Steen et al., 2018). To date no research has examined the ability of MT to improve staff job satisfaction through a person-centred care framework. The current study aimed to assess the program's effectiveness, which includes music and podcasts, to improve wellbeing and increase job satisfaction in aged care staff. An online survey was offered to 64 Uniting aged

care facilities in New South Wales and Australian Capital Territory during September 2020. Likert scale responses revealed that staff reported 1) the program reduced 8 out of 9 measured challenging behaviours, 2) 91.2% of staff agreed the program enhanced person-centred care; in particular, 94.1% agreed the program improved social connection between staff and residents, and 3) 85% agreed the program improved job satisfaction. The current findings have the potential to guide program implementation in aged care services across Australia.

*\*Brittany Crimmins was supervised by Dr Kirsten Challinor, Ph.D. (2020). The LISTEN Program: A Person-Centred Care Tool Improves Job Satisfaction for Staff Caring for Aged Care Residents. A thesis submitted in partial fulfilment of Bachelor of Psychological Sciences (Honours) Australian Catholic University, Strathfield.*

Resparke is affiliated with and operates the same program as the established Moove & Groove therapeutic dementia care solution. The technology is currently trusted by hundreds of aged care facilities in Australia. This research was conducted in Australia with the Moove & Groove brand name.

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