

RESULTS OF SIMPLE PLEASURES ITEMS ON BEHAVIOR (Buettner, 1999)

Name of item	Number of Clients choosing item	Average time used	Average MMSE score	Behavior item used for:
Activity apron	10	6:55	13.8	Repetitive motor patterns
Stuffed butterfly/fish	34	6:37	4.6	Verbal repetitiveness
Cart for wandering	5	44:30	8.2	Wandering & taking med cart
Fishing box	7	9:11	9.5	Hand restlessness
Flower arranging	22	3:32	7.12	Hand restlessness
Electronic busy box	12	9:39	8	Passivity
Hang the laundry	9	0:58	9.3	Wandering & restlessness
Home decorator books	38	5:22	6.1	Sad, weepy, upset
Latch box-doors	24	5:01	8.6	Verbal agitation
Look inside purse	12	10:06	9.8	Wandering, upset, hand restlessness
Message Magnets	20	7:08	10.5	Difficulty making needs known
Muffs	31	19:30	4.5	General agitation and anxiety
Picture dominoes	24	5:11	8.5	Lethargic and isolated
Polar fleece hot water bottle	3	46:01	1.2	Screaming
Rings on hooks game	12	3:20	9.1	Motor restlessness
Sewing cards	16	5:34	9.5	Passivity and hand restlessness
Squeezies	37	5:15	6.04	Anxiety and hand restlessness
Table ball game	34	6:04	10.5	Wandering and trying to leave
Tablecloth with activities	32	5:12	4.6	Boredom, isolation, hand restlessness
Tetherball game	47	21:12	6.8	Verbal or motor repetitiveness
Vests/sensory	14	12:16	9.5	Verbal or motor repetitiveness
Wave machines	22	2:47	3.9	Repetitive hand movements

Music has been successfully used in four ways: to relax individuals, to stimulate individuals, for increased nutritional consumption and for increased socialization. Evidence demonstrates that musical interventions have been used in dancing, movement, and singing. Verbally disruptive behavior was reduced by 31% during music groups based on a 1997 study by Cohen-Mansfield and Werner (EG=B). Music therapy was found to increase socialization and decrease agitated behaviors in a study by Sambandham and Schirm in 1995 and Aldridge in 2000, (EG=B). Two studies have found that music was helpful in reducing bath time aggression (Clark, Lipe, & Bilbrey, 1998; Thomas, Heitman, & Alexander, 1997, EG=B). Four other studies demonstrated the relaxing impact at mealtimes (Denney, 1997; Goddaer, 1994; Ragneskog, Kihlgren, Karlsson, & Norbreerg, 1996; Ragneskog, Brane, Karlson, & Kihlgren, 1996, EG=B). Improved performance in conversation content and fluency was found by Brotons and Koger (2000, EG=B), that enhanced communication ability for the subjects. Numerous studies reported a reduction in agitation while clients used a tape player or CD player (Cohen-Mansfield & Werner, 1997; Gerdner & Swanson, 1993; Gerdner, 2000; Tabloski, McKinnon-Howe, & Remington, 1995, EG=B). Active music groups, which included singing, dancing, and playing instruments, were reported to result in a significant positive change in behaviors (Lord & Garner, 1993;