



 PercussionPlay
Outdoor Musical Instruments

Outdoor Musical Instruments for
Senior Living Communities

Music Made For The Great Outdoors

Percussion Play are the world's leading manufacturer of outdoor musical instruments. Designed with durability in mind, we are committed to making musical expression accessible to everyone, everywhere.



Accessible Sensory & Music Gardens

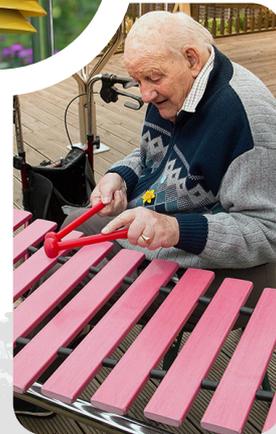
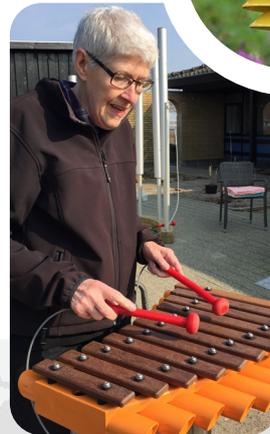
The great outdoors helps stimulate all senses; it awakens our connection with nature and with each other. Being outdoors should not end as mobility, and other issues arise in older adults.

Incorporating outdoor musical instruments into well-thought-out and accessible gardens can bring renewed opportunities for seniors to enjoy time outside and encourage them to step out to play tranquil music on authentic instruments. This helps enrich the senior residents' lives in many ways - both physically, mentally, and spiritually.

Spending more time outdoors means that residents are exposed to more natural sunlight and all the positive effects this has on our overall health and wellbeing. Some known benefits include lower blood pressure, reduced stress levels, improved brain function, and improved bone and muscle health.

Beautifully designed surroundings can lift spirits. An outdoor musical instrument installed as a centerpiece or in a quiet shady corner next to a bench or chair will offer a sensory experience and a moment of reflection to wonderfully interrupt everyday life.

Being outside is necessary for well-being and enjoyment of life itself. Senior living, care, and nursing homes are seeing the benefits of creating sensory gardens for residents and visitors.



Physical Activity and Therapy (Therapeutic Recreation)

Activities for seniors are not just for filling up the hours of the day or for keeping busy. They are designed to nurture the mind, body, and spirit.

Music and music therapy can engage residents in new ways; music transforms the atmosphere and the effects ripple throughout the entire place. Installing outdoor musical instruments will serve to motivate residents and provide opportunities for them to remain active. Moderate physical activity can be gained through playing a musical instrument, improving mobility, strength, and endurance. It will engage many different muscle groups, promoting hand strength, joint flexibility, and overall improvement of motor skills.

Active music-making has been found to provide a source of enhanced social cohesion, enjoyment, personal development, and empowerment, and while a “breath of fresh air” may just be an expression, the benefits of a little outdoor activity are in fact very real.



Music For Mood & Memory

Activity is essential to a person's well-being and gives purpose and enjoyment to their day. Encouraging someone living with dementia to do something creative, some gentle exercise, or take part in an activity helps them to realize their potential, which improves their self-esteem while reducing agitation and any feelings of loneliness.

One area of research is the [effect of music on those with dementia](#) or seniors at risk of isolation and depression. Playing music offers a number of mental health benefits. There is natural motivation, it's rewarding, and it provides a sense of accomplishment. In addition, spending time outdoors absorbing sunlight has also been shown to improve mood, sleep, and decrease feelings of sadness.

Music enables people to be contributors and not just recipients of care. It provides opportunities for people to reconnect with a sense of autonomy and agency, at times when they may feel as though they have little or no control because of the impact of dementia. People in the advanced stages of the disease can no longer speak or understand words, which can be very upsetting for family members – but music provides them with an alternative means of communication and is proven to be effective.

“One of our dementia residents has difficulty lifting one arm but when he starts to play the outdoor xylophone he can lift it higher and higher. The effect can be seen after just a few minutes!”

♪ **Care Worker** ♪

Aars Elder Centre



Music For Socialization

Lack of socialization is related to negative impacts on health and well-being, especially for older people. However, socialization must encompass more than physical presence or conversation. Outdoor musical instruments promote interaction, providing a wonderful way for seniors to engage with others while getting a little physical activity and spending some time outdoors.



Sharing the musical instruments with family, friends, and visitors will imbue a sense of community pride and ownership amongst the residents. Playing music is a multi-generational and fun experience, and playing music together with family members, other residents or helpers, creates social interactions that will have a positive impact on mental function, mood, and overall well-being.

For many families, the external spaces are a key factor when considering moving elderly relatives. The garden tends to be a place where people can connect with each other in a more meaningful way and having musical instruments in the garden gives residents a reason to go outdoors, and then a reason to want to stay there once they've arrived, contributing to psychological and physical wellness whilst simply making life more fun!

“These outdoor musical instruments are easy to play with other people. The way they look and the way they sound are interesting.”

♪ Doreen ♪

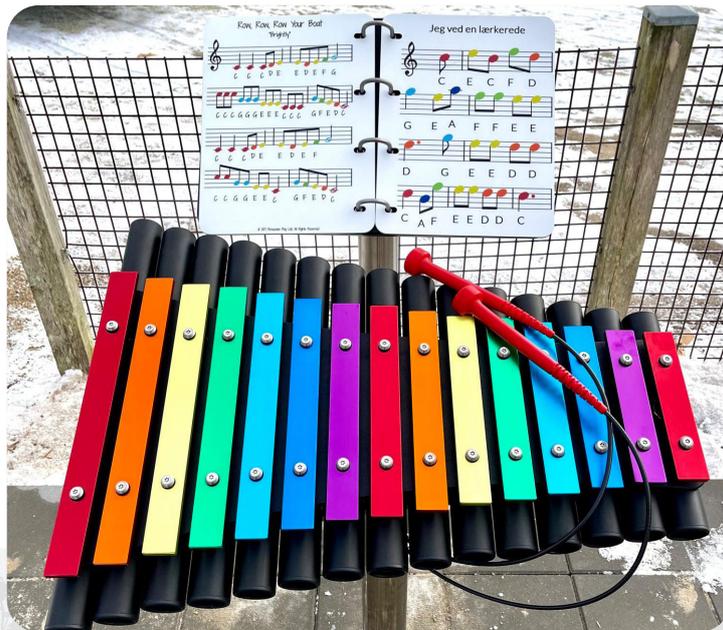
Care Home Resident



Retirement Village Creates Dementia Friendly Music

Danish Retirement home Hesselvang has transformed its grounds to create a very special destination that will entice residents and staff outside into the fresh air for some outdoor musical fun.

Hesselvang is a newly built independent retirement home located in Hvalpsund, Denmark. Residents are encouraged to spend time outside and the appealing space features a beautiful garden full of scented flowers in the summer and the sound of music following the creation of the country's largest music garden!



Recognizing the many benefits of both time spent outdoors alongside active music-making, the friend's association - made up of residents, relatives, and staff - applied to the Danish Health and Medicines Authority's 'relief grant for people with dementia' for the funds to create an outdoor music garden in the grounds.

Hesslevang has weekly events and musical activities planned, inviting the residents to step outside together to try the different instruments, learn something new, support each other and have fun.

Residents can now play on the [Cavatina](#) with [Music Book](#), [Duo](#), [Grand Marimba](#), [Large Congas](#), [MyTunes](#), [Cherub](#), [Tubular Bells](#), and the [Harmony Bells Major Bunch](#).

Keen they remain part of the wider local community, Hesslevang plans to host musical performances and 'sing-alongs' in their outdoor music space to not only help to increase awareness of the facility but to expand social connections for the residents and encourage multi-generational interactions

"We have Denmark's largest music garden attached to our nursing home and look forward to the warmer spring where we can really get out and make use of all the instruments."

♪ **Dorthe Bredtoft** ♪

Hesslevang's Friends



Residents Take a Walk Through The Senses

St. Joseph's at Fleming - a long-term senior care home in Peterborough, Ontario - has created a wonderful sensory path that aims to enhance the quality of life for its residents.

The 'Resident Sensory Accessibility Path' is a paved pathway that wraps around the building, incorporating environmentally friendly features such as gazebos, flowers, memorial gardens, sensory stations, and a pond.

Included in the sensory path is a [Sansa-Rimba](#) outdoor xylophone which is a bright and stimulating teaching resource that works well within care home gardens and musical trails. Residents, carers, and visitors can now play on the instruments while taking a moment to rest, stop and admire the view.

Patrick Gillespie, CEO at St. Joseph's at Fleming said the residents didn't have many safe places to walk, and getting outdoors is crucial. The wrap-around is open to the public and the path has proven to be a great way to get the home's two hundred residents, family, and onsite day care children outside in the fresh air and socializing.

"The Xylophone looks great and is a real highlight for our residents and visitors on our new sensory path. Outdoor musical programs are now encouraged and residents can engage with others along their walk"

♪ Patrick Gillespie ♪

CEO at St. Joseph's at Fleming Foundation



Elder Care Centre Welcomes Music and Children

Percussion Play Denmark was asked to create an interactive musical garden for elderly residents, visitors, and local children to enjoy together.

The main purpose of the outdoor musical instruments was to prevent loneliness. It has become clear that the instruments can be used in many other contexts including physical exercise and therapy. Trollemose chose four instruments, the [Cadenza](#), [Grand Marimba](#), [Duo](#), and [Babel Drum](#). Each instrument has been strategically placed so that it can be clearly seen from the public path that leads up to the garden, with the intention of attracting neighbors and curious passers-by to the care center's garden.

The musical trail has become part of the center's everyday life and is used by both outsiders and care center residents. Near to the center is Poppellunden nursery who have become regular visitors and come to play on the new outdoor musical instruments. The older people are very keen to help the children. It's a completely instinctive reaction for them. Because of this, it often mobilizes them in ways that they probably don't realize.

“When an outsider comes and starts playing music, the residents also come out and look because they find it interesting and it's a great opportunity to meet people”

♪ Agnete Bille ♪

Care Center Manager



Music-Making for The Young at Heart

Active music-making can be such a rewarding experience for seniors, however, some percussion instruments used for music-making and music therapy can be quite child-like. Age-appropriateness is at the forefront of our minds during development. Percussion Play instruments are tuned, look authentic, and sound great - ensuring players have an enjoyable music-making experience. Here are some examples of instruments that work particularly well within senior living communities:

♪ Forget-Me-Not Petal Drum

This botanically-inspired instrument is based on the Forget-Me-Not flower which is linked to memory and remembrance. It is the recognized emblem for dementia-friendly environments, communities, and hospitals. Popular with sensory or healing gardens because it adds a hint of happiness to any space. [Petal Drums](#) look and sound gorgeous on their own or with any combination of our instruments making them a smart choice to add another dynamic to your outdoor space.



♪ Sansa-Rimba

The [Sansa-Rimba](#) is a small, appealing instrument, perfect for a care home garden or musical trail. It is a clever blend of two African instruments, the Sansa (thumb-piano) and Marimba (xylophone), producing a bright, happy sound.

Easy to play and perfect if you are looking for ways to introduce musical exploration and encourage improvisation among residents.

♪ Large Babel Drum

These stainless-steel tongue drums produce beautiful melodies with remarkably long sustain. Usually played using the hands, we can supply small lightweight mallets to produce a calm and mesmerizing sound. Perfect for musical exploration in a sensory-rich environment. [Babel Drums](#) can also be engraved, making beautiful memorial or remembrance gifts to remember someone cherished in the community.



♪ Duo

The [Duo](#) is built as standard with half aluminum notes and half GRP notes in the color of purple-heart wood. Each of these materials gives a distinct sound when played: the aluminum will produce a bright, clear tone when struck, while the GRP is fast and punchy.

It features a curvy design that makes it easier for individuals with a limited range of movement, or players in wheelchairs, to reach all the notes. The notes are offset, allowing two people to interact and make music together comfortably and in their own space.

Playing music with someone can create an extraordinary bond, and the Duo allows residents, therapists, care workers, or family members to play together easily.

5 Reasons to Bring Music to Senior Living Communities

Here are five great reasons to include outdoor musical instruments:

♪ MUSIC IS GOOD FOR THE MIND

Music engages areas of the brain which are involved with paying attention, making predictions, and updating events in our memory. Making music together and music therapy will help seniors process their thoughts, help dispel anxiety, frustration, or fear and help maintain memories.

♪ MUSIC BRINGS PEOPLE TOGETHER

Making music together in a group is very powerful and creates an experience of shared emotion. A communal outdoor music space will foster positive informal interactions and avoid social isolation by providing residents with opportunities to have fun together, learn something new, support each other and make friends – all in the fresh air!



♪ MUSIC IS GOOD FOR THE SOUL

We have such a deep connection to music because it is 'hardwired' in our brains and bodies. Music can lift our mood, relax the mind, energize the body, and even help people better manage pain. The simplicity of these instruments and the instant musical success they provide will give a sense of accomplishment and increase self-esteem.

♪ MUSIC IS A MOTIVATOR

Easy-to-play outdoor musical instruments will facilitate cognitive function and coordinate motor movements. Placed in attractive outdoor settings, residents will be motivated to step outside to play them, or for those with reduced mobility, benefits are still gained from small movements such as gripping and lifting the mallet and hitting those sweet notes!

♪ MUSIC MADE IN THE GREAT OUTDOORS

Being in nature boosts our energy levels, improves our circadian rhythm, encourages the production of serotonin, reduces stress, and simply makes us feel good. Spending just 30 minutes outside (even on cloudy days) gives the daily recommended dose of Vitamin D. Playing music outside provides exercise and stimulation, breaks up the monotony of the daily routine, and encourage people to stay outside for much longer than they would perhaps do normally, therefore maximizing the health benefits that being outside provides us.



TM



Global Sales & Manufacturing

Percussion Play Ltd

info@percussionplay.com

www.percussionplay.com

UK

01730 235180

USA/CAN: +1 (866) 882-9170

ROW: +44 1730 235180

Trademarks are the property of Percussion Play. © 2019 Percussion Play. All rights reserved. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google Inc.



GET IT ON

Google Play



Download on the
App Store