

each (3 times per week for 4 weeks). Music selections included: (1) the first two tracks of a commercial DVD of classical music that included nature videos; (2) music selected from group members' preferred music genre (e.g. big band, country and western, rock and

the demands on long-term care staff who provide care to residents with ADRD. However, many of these medications have adverse effects. This has led to a search for non-pharmacological interventions. There is much evidence for the benefit of individual music interventions. However, there is a lack of research on group music approaches in care settings.

This mixed-methods study aimed to assess the use of group music intervention to reduce agitation among people in long-term care with ADRD.

#### HOW THE STUDY WAS CONDUCTED

The study sample consisted of 22 residents with ADRD in two assisted living communities (ALCs) and two adult day centers (ADCs). The intervention involved 12 sessions of 50 minutes

## Data Analysis:

Descriptive statistics were calculated for each variable. Data collected on agitation were analyzed using linear mixed effects models. Interview transcripts were analyzed line by line to identify themes of interest, such as benefits and barriers.

## FINDINGS

The final study sample included 19 people after 3 dropped out. The majority of the participants were women and non-Hispanic White. The mean age was 83. About one-third of participants reported a diagnosis of Alzheimer's disease and a majority were at a moderate stage. Overall t