

# *How to* **OFFER MUSIC TO OLDER ADULTS USING THE MODELING METHOD**

Find a quiet place with minimal distractions to help the person focus and enjoy the music. Use a headphone splitter if available to enjoy the music together! If the listener is not comfortable using headphones, try a Bluetooth speaker instead.



## **Step 1 ENGAGE**

Introduce the personalized playlist on a device. "I've got some favorite music of yours we can listen to together."



## **Step 2 MODEL**

Put the headphones on yourself first to model how it works. Make sure the volume is at a comfortable level.



## **Step 3 REHEARSE**

If needed, gently cup your hands over the person's ears to show they're next.



## **Step 4 PLACE**

Gently place the headphones on the person. Adjust the volume and ask: "Can you hear the music okay?"