

Non-medical supports and programs to improve older Australians' mental health

# SUPPORTING RESOURCES

## Non-medical supports

**\*Please note the resources displayed in this document were accurate at the time of publication\***

### Journals:

Thompson, Z., Baker, F., Tamplin, J. & Clark, I. (2021) How Singing can Help People With Dementia and Their Family Care-Partners: A Mixed Studies Systematic Review With Narrative Synthesis, Thematic Synthesis, and Meta-Integration. *Frontiers in Psychology*.  
<https://www.frontiersin.org/articles/10.3389/fpsyg.2021.764372/full>

Moreno-Morales, C., Calero, R., Moreno-Morales, P., & Pintado, C. (2020). Music Therapy in the Treatment of Dementia: A Systematic Review and Meta-Analysis, *Frontiers in Medicine*.  
<https://www.frontiersin.org/articles/10.3389/fmed.2020.00160/full>

Sikkes S, Tang Y, Jutten RJ, Wesselman L, Turkstra L, Brodaty H, Clare L, Cassidy-Eagle E, Cox KL, Chételat G, Dautricourt S, Dhana K, Dodge H, Dröes R, Hampstead BM, Holland T, Lampit A, Laver K, Lutz A, Lautenschlager N, McCurry S, Meiland FJM, Morris M, Mueller KD, Peters R, Ridel G, Spector A, van der Steen JT, Tamplin J, Thompson Z. (2021). Toward a theory-based specification of non-pharmacological treatments in aging and dementia: Focused reviews and methodological recommendations. *Alzheimers*

*Dementia*.

<https://pubmed.ncbi.nlm.nih.gov/33215876/>

Clark, I., Baker, F., Tamplin, J., Lee, YE., Cotton, A., & Stretton-Smith, P. (2021). Doing Things Together Is What It's About": An Interpretative Phenomenological Analysis of the Experience of Group Therapeutic Songwriting From the Perspectives of People With Dementia and Their Family Caregivers. *Frontiers in Psychology*.  
<https://www.frontiersin.org/articles/10.3389/fpsyg.2021.598979/full>

Clark, I., Baker, F., Tamplin, J. (2018). Community-Dwelling People Living With Dementia and Their Family Caregivers Experience Enhanced Relationships and Feelings of Well-Being Following Therapeutic Group Singing: A Qualitative Thematic Analysis. *Frontiers in Psychology*.  
<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01332/full>

### Resources to assist with non-medical supports

Australian Music Therapy Association – Find a Music Therapist:  
<https://www.austmta.org.au/consumers-resources/find-an-rmt/>

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MIND – Music Interventions in Neurological Disorders Research Group (The University of Melbourne):

<https://blogs.unimelb.edu.au/mind/>

MATCH – ongoing study building a mobile app that supports people living with dementia and carers (both familiar and professional):

<https://www.musicattunedcare.com/>

Rewire Musical Memories Choirs – inclusive, therapeutic community choirs for people living with dementia and their family and friends who support them:

<https://www.rewire.org.au/programs/rewire-musical-memories-choirs/>

Wellness and reablement initiative | Australian Government Department of Health and Aged Care:

<https://www.health.gov.au/our-work/wellness-and-reablement-initiative>

Short-Term Restorative Care (STRC) Programme | Australian Government Department of Health and Aged Care:

<https://www.health.gov.au/our-work/short-term-restorative-care-strc-programme>

Smart Library Viewer:

<https://www.aag.asn.au/libraryviewer?ResourceID=42>

Reablement or restorative home support | ReAble Network (NZ):

<https://reable.auckland.ac.nz/>

Rehabilitation Reablement and Restorative Care | ARIIA:

<https://www.ariia.org.au/knowledge-implementation-hub/rehabilitation-reablement-and-restorative-care>

Live up website to help people over 65 stay healthy and active:

<https://www.liveup.org.au/>

Ageing well resources for home care providers

| KeepAble: <https://keepable.com.au/>

Meet the Hubs | We are proud to introduce the Village Hubs that are working tirelessly to alleviate loneliness and social isolation in older Australians:

<https://www.ilaustralia.org.au/rethink-ageing/villagehubs/meet-the-hubs>