



Virtual Choirs in Care Homes

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Scotland**
Action on Dementia



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Virtual Reality Choirs



- Inspiration and experience from *'Singfromyourseat'*
- Alzheimer Scotland
- Choir groups - Every Voice Choir, Music & More, Musical Minds, Clydeside Singers



Why Virtual Choirs in Care Homes?

- A growing population of elderly people living within care c. 500,000
- Group singing known to be a beneficial activity for certain people
- Group singing isn't available to everyone
- Restricted to timetabled experience
- Expensive



Codesign Framework

- Dementia Circle through Alzheimer's Scotland
 - Staff
 - Members of the Dementia Circle
 - Design and testing
- Dementia Choirs in Scotland
 - Content Creation
 - Focus Groups
- Care Homes, Scotland
 - Staff
 - Residents
 - Focus Groups
 - Early Feasibility

Previous VR Case Study – Alzheimer Scotland

“It was just as if a light switch was turned on in my head. It lifts the fog from my brain. I felt like I was buzzing, and I stayed like that for a few days afterwards..”



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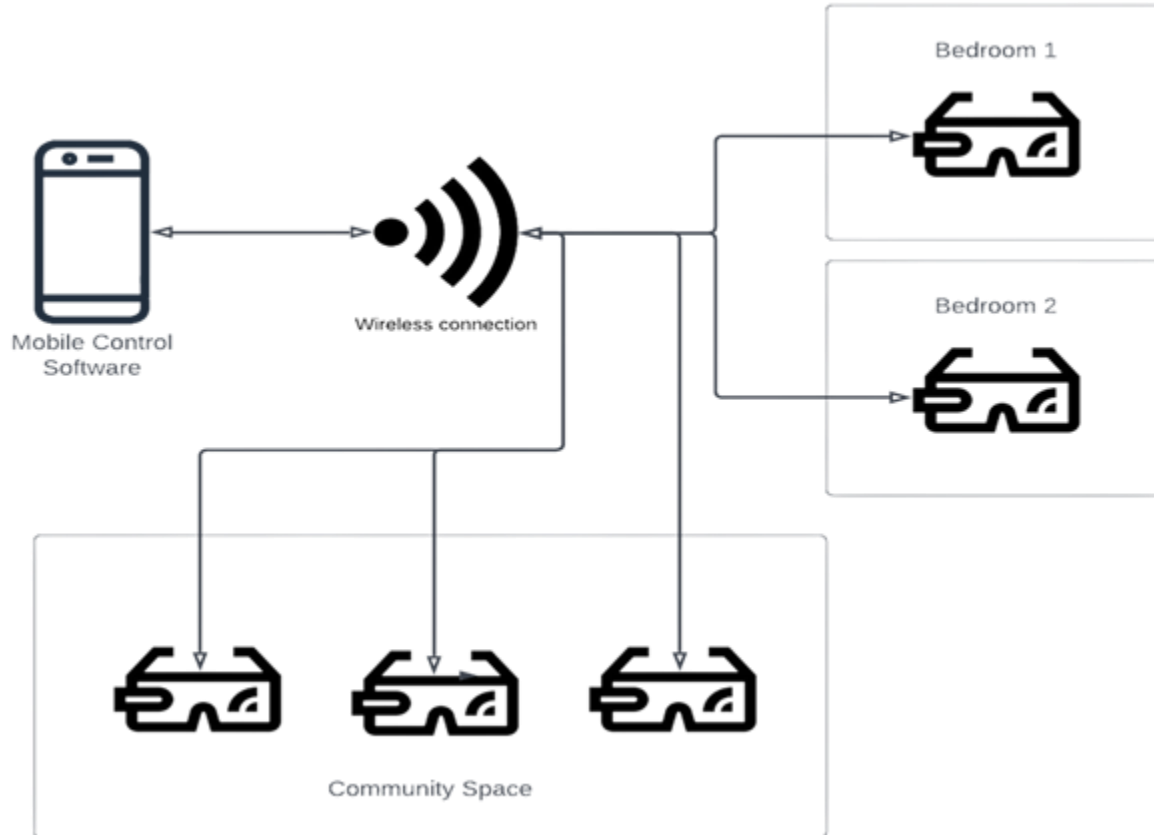


Technical design

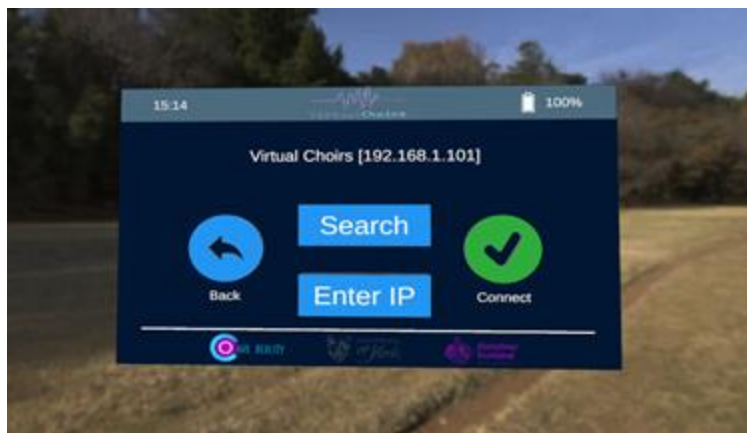
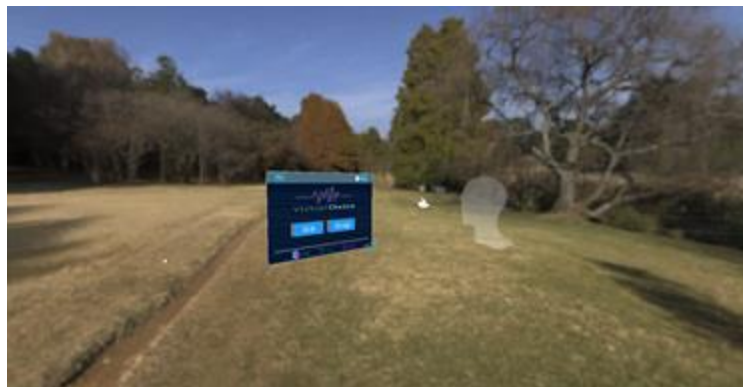


MULTI-USER

EASE OF USE



User Interface design



Testing...

- How might we measure the value of the intervention?
- Is it useable?
- Would Care Homes use it?
- Does it have a positive benefit on wellbeing?
 - Short / long term?
 - How to measure this?
 - RCT?
 - Resource?
- Is it value for money?



Early Feasibility – Parallel approach

Two Care Homes

Informal testing:

- 2 VR headsets at each home
- Training Session
- Asked to keep a Log of activity and engagement
- Gained and recorded consent
- Could take part alone or in pairs
- Couldn't use headsets for other things



Early Feasibility – Formal

2 Care Homes

- One group of residents from each care home recruited (up to 8)
- Briefing session / Ethics and Baseline measures taken
- ~15 mins / 3 songs (no longer)
- First week baseline and training
- Final week last session plus exit interviews
- Researchers kept a reflective diary
- Could amend the protocol throughout



Informal Testing

CH1 – 21 sessions over 4 weeks

- ‘Ok... still looking for Rock Music but said he really enjoyed it’
- ‘Lynn enjoyed 3 music songs and was very calm and relaxed after’
- ‘Loved taking part. Very contented during the session.
- Looked relaxed and engaged. Feet tapping away.

CH2 – 11 sessions over 4 weeks

- ‘Nice song choice Quite fun’
- ‘Enjoyed the song but didn’t like the headset’
- ‘Enjoyed but tried to get up and dance around’



Exit interviews

- Overall care homes very enthusiastic
- Can see the value in the intervention and were sorry it left
- Some Care Homes starting to use VR
- Once the use of VR can be beyond the singing experience it becomes even better value for money

Next Steps

- Essential to capture engagement and mood response
- not only typical social care outcome measures
- Feedback from staff valuable
- Qualitative data extremely important





**THANK YOU TO ALL OUR PARTICIPANT, COLLABORATORS,
CARE HOMES AND CHOIRS!**

