

Cognitive improvements with active singing in dementia

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(HealthDay)—An active singing program can improve cognition and life satisfaction among individuals with dementia in an assisted living facility, according to a letter to the editor published in the April issue of the *Journal of the American Geriatrics Society*.

Linda E. Maguire, from the Johns Hopkins University in Baltimore, and colleagues examined the impact of active singing on measures of cognition and [life satisfaction](#) at an assisted living facility. Forty-five participants received three vocal music sessions per week (independent residents: 18 singers, nine [listeners](#); dementia: nine singers, nine listeners).

The researchers found that independent residents had significantly

higher scores than those with dementia on the mini-mental state examination (MMSE; P

"These data show that an active singing program, using an innovative approach, led to significant improvement in cognitive ability in individuals with [dementia](#)," the authors write.

More information: [Abstract](#)
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