

## eSHUFFLe Headphones

Activity:	What needs to be set up:	When	Desired outcome
<p><b><u>Music engagement through eSHUFFLe headphones.</u></b></p> <p>*For more information please see the DEMP support document “The Use of Music Engagement/Personalised Playlists in Dementia Care”.</p> <p>*For technical trouble shooting please contact the ‘Music and the Brain Foundation’ on 0417 216 187</p>	<ul style="list-style-type: none"> <li>eSHUFFLe headphones are pre-loaded with familiar songs.</li> </ul> <p>For implementation, staff are encouraged to:</p> <ul style="list-style-type: none"> <li>Ensure that the eSHUFFLe is charged and test the volume prior to introducing them to the person.</li> <li>Approach the person from the front, come down to their eye level and gain their attention.</li> <li>Show them the eSHUFFLe and mimic putting it on yourself before placing it on them.</li> <li>Gently hold one of the earpieces to the person’s ears and allow him to listen to the music.</li> <li>Place the headphones gently on their head.</li> <li>Monitor for signs of irritability and agitation and remove the eSHUFFLe if observed.</li> </ul>	<p>When the person is looking for a quiet activity or is demonstrating early stages of feeling restless or bored.</p> <p>The eSHUFFLe can also be taken to the person so they can enjoy the music in other areas of the home.</p>	<p>The person may enjoy listening to familiar music which promotes opportunities for reminiscence.</p> <p>The eSHUFFLe headphones may support the person to reduce environmental disturbances, reduce feelings of boredom, anxiety or restlessness.</p>