Active Ageing with Music
Supporting wellbeing in the Third and Fourth Ages
Andrea Creech, Susan Hallam, Maria Varvarigou and Hilary McQueen

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This book explores the powerful potential for active music-making to support wellbeing amongst older people. Drawing on research evidence and the compelling stories of the research participants, this book explores the relationship between active ageing and engagement in music-making among older people, with particular reference to social, emotional, physical and cognitive wellbeing.

Supported by strong evidence this book balances research with practice including:

- An outline of practical issues related to accessibility and resources.
- Potential barriers to participation, including structural, intrapersonal and social barriers, alongside case study examples of potential solutions.
- Supporting principles and practices of facilitating groups of older people, with specific reference to musical groups.

The book will be of interest to all academics and practitioners interested in music psychology and the impact of music on wellbeing, music practitioners interested in leading musical activities with older people, occupational therapists and community musicians.

Most importantly, this book will be of interest to individual older adults who are interested in how they may preserve and sustain their cognitive, social and emotional wellbeing throughout the latter stages of their lives.

The authors are international leaders in the field of music and ageing, psychology of music, and lifelong learning.

'Essential reading for researchers, educators, practitioners and most of all commissioners of health and social care services for older people.' Professor Stephen Clift, Director, Sidney De Haan Research Centre for Arts and Health, Canterbury Christ Church University, UK

'...fills a much needed gap...' Susan A. O’Neill, Associate Professor of Music Education and Director of MODAL Research Group, Simon Fraser University, Canada

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