



# My Musical Living Will

**This music I want to  
hear, sing, play, dance to!**

**Name:**

**Place and date:**

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**Oman elämäni  
sävelet**   
- musiikki  
muistisaira  
hyvinvoinnin  
tukena

## **Instructions on How to Fill in the Notebook**

Write down in this notebook your favourite songs, most important musical memories, and favourite artists for the future. In almost everyone's life, music plays an important role in one way or another. Usually the role of music is very unique, just like the taste in music.

Ask yourself what music means to you. When you open the next pages of this notebook and give yourself time to be immersed in memories, you can notice how much has been stored in memories along with music.

Reminisce musical memories together with your loved one or a group. Memories often come back to you easier when you are with others and hear their stories at the same time. In addition to that it is fun to think about musical memories and share them with others, music also supports well-being if some cerebral event makes you for e.g. lose your memory. But not just any kind of music; your own favourite music!

When your notebook has been filled in, also tell your loved one that you have made a musical living will. You can include your musical living will in your "hoivatahto" as a part of it (In "hoivatahto" you can list things that affect the quality of your life) so that the people caring for you would take into account your musical preferences and include music in your care and everyday life.

# What Kind of Music Do I Like?

**Instruction:** Circle the words that you like and that are important to you.

BAROCK

FOLK MUSIC

HYMNS

WALTZ

ACCORDION

OLD FOLK SCHOOL SONGS

MILITARY MUSIC

DANCE MUSIC

JAZZ

FINNISH ROCK

LATIN MUSIC

WIND MUSIC

RAP

REGIONAL ANTHEMS

POP

SOOTHING MUSIC

FINNISH MUSIC

CLASSICAL

OPERA

MUSIC IN OTHER  
LANGUAGES? WHICH?  
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TECHNO

ORIENTAL MUSIC

CHOIR MUSIC

PIANO MUSIC

METAL

ORGAN MUSIC

SPIRITUAL MUSIC

SCHLAGER

SWEDISH MUSIC MARCH MUSIC COUNTRY

TANGO MUSICALS

BALLADS HEAVY METAL

RHYTHM MUSIC VIOLIN MUSIC

MOVIE MUSIC EUROVISION MUSIC

POLKA TV SERIES THEME MUSIC

HUMPPA CHRISTMAS MUSIC

JENKKA INSTRUMENTAL MUSIC

PATRIOTIC MUSIC BALLET

CHURCH MUSIC GOAL SONGS (E.G. ICE HOCKEY)

AFRO MUSIC INSTRUMENTAL ROCK

ROCK

KIDS' SONGS DISCO MUSIC

SUOMIFILMI MUSIC WORKOUT MUSIC



# Music in My Life Now

When do I listen to music?

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What device do I use to listen to music?

.....

Which radio channel do I listen to?

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Which music programs do I watch on TV?

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Which are my current musical hobbies?

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Do I play or sing myself? Do I make music together with other people?

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Which music events have I been to (e.g. concerts, dances)?

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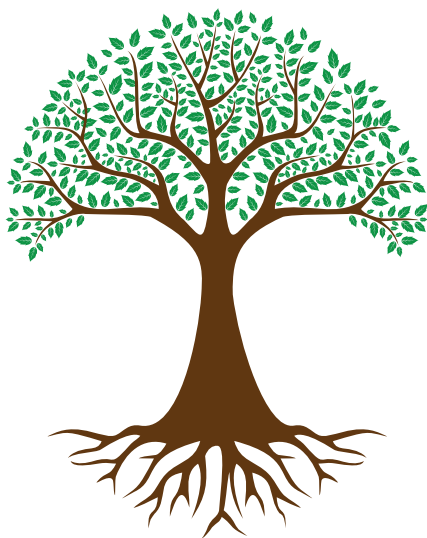
When do I need silence?

.....

# Instructions on How to Use the Musical Tree of Life

In the musical tree of life that you find on the next two-page spread, you record important songs and musical memories from the course of your life. Important memories may include e.g. moments of celebration, or even different performers. It may be easiest to save the filling in of the tree of life for last when you have already thought about the other sections of this booklet. You don't need to finish the whole tree at once; it can be used even if all the blanks aren't filled in.

You can detach the two-page spread where the tree is located and put it e.g. up on the wall if you like. When it's visible, it can be used by e.g. your loved one, home care, care musician, physical therapist, or anyone else. With the help of the musical tree of life, it is easier for them to bring more music that is important just for you into your everyday life.



**Oman elämäni sävelet**

- musiikki muistisairaana hyvinvoinnin tukena



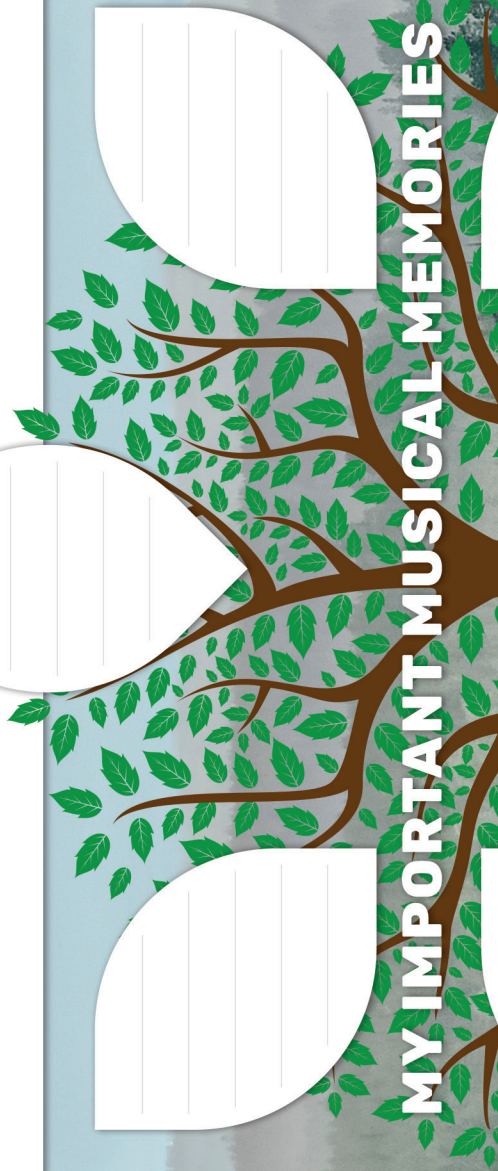
# MY MUSICAL TREE OF LIFE



MUSIC I LIKE NOW



A large white rounded rectangular box with horizontal lines, intended for writing the name of a music genre or song.



MY IMPORTANT MUSICAL MEMORIES





**MUSIC I GREW UP WITH**

**MY MUSICAL ROOTS**

## Why Does Music Do Us Good?

There is a lot of clinical evidence for the effects of music on promoting health and well-being. The brain is biologically attuned to receive and process music. Already at the foetal stage, the human being is able to identify and distinguish between melodies.

Listening to one's favourite music leads to wide-spread brain activation. In addition to activating hearing, music affects concentration and emotions. Our musical preferences and habits affect what kind of music increases our well-being.

Music has either a stimulating or a calming effect on alertness, depending on the music used. Listening to music improves mood. Reduction of stress with the help of music can be noticed in decreased cortisol levels. Playing and singing, in turn, activate coordination and motor skills via our brain.

Making music together with others includes a social dimension and nonverbal interaction. Music builds connection and conveys emotions. Musical activity has a positive effect on well-being and cognitive, emotional, and social capabilities.

### Sources:

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# Musical Memories from My Different Life Stages

Musical memories from my childhood

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Musical memories from my youth

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Musical memories from my adulthood

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## **This I don't like!**

This kind of music I don't want to listen to.

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# The Most Important Songs to Me

**TIP:** Write down the name of the song or words from the song, the performer, album, or the style of performance. Write what you remember! The songs or artists won't necessarily come to your mind right away. To aid remembrance, you might want to take a look at photographs, your own music collection, sheet music books, Yle's Elävä Arkisto, and other web pages where you can listen to music and get started.

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# Music for My Different Moods

For making me happy

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For comfort and protection

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For calming down and relaxation

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This gets me going

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# Musical Living Will Notebook?

This musical living will notebook has been developed in the project "Oman elämäni sävelet – musiikki muistisairaana hyvinvoinnin tukena" (2021–2024), carried out by Kanta-Hämeen Muistiyhdistys. The Musical Living Will Notebook was finalised in dozens of musical living will workshops all around Tavastia Proper and on the basis of the feedback from the people using it. The idea has been enthusiastically received in a variety of events and workshops. If you have any questions or ideas regarding The Musical Living Will Notebook, please do not hesitate to contact us!

## Oman elämäni sävelet –project

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The Musical Living Will Notebook is a part of Musical Living Will method. The entire contents of the method are contained on Innokylä web pages where you can also print out The Musical Living Will Notebook.

**More information:** [innokyla.fi/fi/toimintamalli/musiikkitahtomenetelma](http://innokyla.fi/fi/toimintamalli/musiikkitahtomenetelma)

