

General Musical Considerations

When engaging in music with an older adult, make sure to be thoughtful in your set-up of recorded music and an audio device.

Recommended tips:

- Test the device on which you plan to play a video or audio recording to ensure the device is working properly prior to engaging in a music activity
- Ensure the volume is set at a medium or low level to begin the activity and adjust as necessary for the individual's specific needs
- Make sure your device is at an appropriate distance for an individual's aural or visual needs

The songs that the Perfect Harmony program selects are aligned with the music that was popular when most older adults were in their **late teens or early adulthood**. Research suggests that **music from this period of a person's life has a special significance due to biological factors and life experiences**.

For older adults today, this tends to be music from the **Great American Songbook**, which includes the most important and influential American popular songs, Broadway hits, and jazz standards from the early 20th century that have stood the test of time.

Access our **generational playlists** to learn more about this genre and select music that will be enjoyed by older adults in your care!

Need a place to start?
Explore Perfect Harmony's
[Generational Playlists](#) on



This resource was created in collaboration with a board-certified music therapist.



The Great American
Songbook Foundation
Michael Feinstein, Founder