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Echoes of Memories: Collaborative Storytelling through Person-Centered Music  
and Virtual Reality with Older Adults Living with Dementia

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09/25/2024

This research study explores the potential of person-centered music and virtual reality (VR) to transform the lives of older adults living with dementia. This study, which is based on Person-Centered Care and Inclusive Art principles, seeks to create a replicable framework for involving those living with dementia in meaningful storytelling activities. Participants at an adult day club will explore subjects like their childhoods, travel experiences, music, culture, and love, among other things, through VR sessions coupled with customized music tailored specifically for them. This investigation seeks to respond to major societal challenges posed by the increasing numbers of people suffering from dementia within an aging population. By providing a channel for personal expression together with social connection, this study aims to foster personhood among people living with dementia, thereby enhancing their overall quality of life. The research employs various qualitative data-gathering techniques, including immersive conversation, ethnographic interaction, video and audio recording, and reflective journaling. The results of this study hold implications for dementia caregiving practices, highlighting the importance of empathetic and individualized approaches. Through interdisciplinary collaborations and the use of new technologies, this research provides compassionate understanding and strategies to support the well-being of people living with dementia.