Music therapy has shown its value in the management of behavioural and psychological symptoms of dementia. The aim of the study is to focus on the impact of a new technique of music therapy, on anxiety and agitation in people with dementia, admitted for a six months course in day care hospital.

10 patients were assessed with MMSE, NPI, Zarit burden scale, Quality of life inventory (QoL-AD), Hamilton anxiety scale, before and after 3 and 6 months. They benefitted of one individual receptive music therapy session each week, associated with a meeting with a psychologist, and a care program in day care hospital specialized in dementia care and follow up.

Significant improvements were identified after one month and more, on anxiety, or agitation. the benefit on quality of life is also clear.

We now need to develop more studies to prove the benefits of music therapy on patients with dementia. However music therapy should be integrated in the care of people with dementia, in particular in day care hospital multidisciplinary programs.