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

'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

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.

To order:
You can order this book now from our IOE website ioepress.co.uk It is also available from good bookshops such as Blackwell's.

Distributors:
UK and Europe: Central Books Ltd. Tel: +44(0)84 5458 9911
E: orders@centralbooks.com
North America: Stylus Publishing www.styluspub.com Tel: (001) 800 232 0223/703 661 1581
E: stylusmail@presswarehouse.com
For more ordering information visit our website ioepress.co.uk

Follow us on Twitter: @IOE_Press ioepress.co.uk