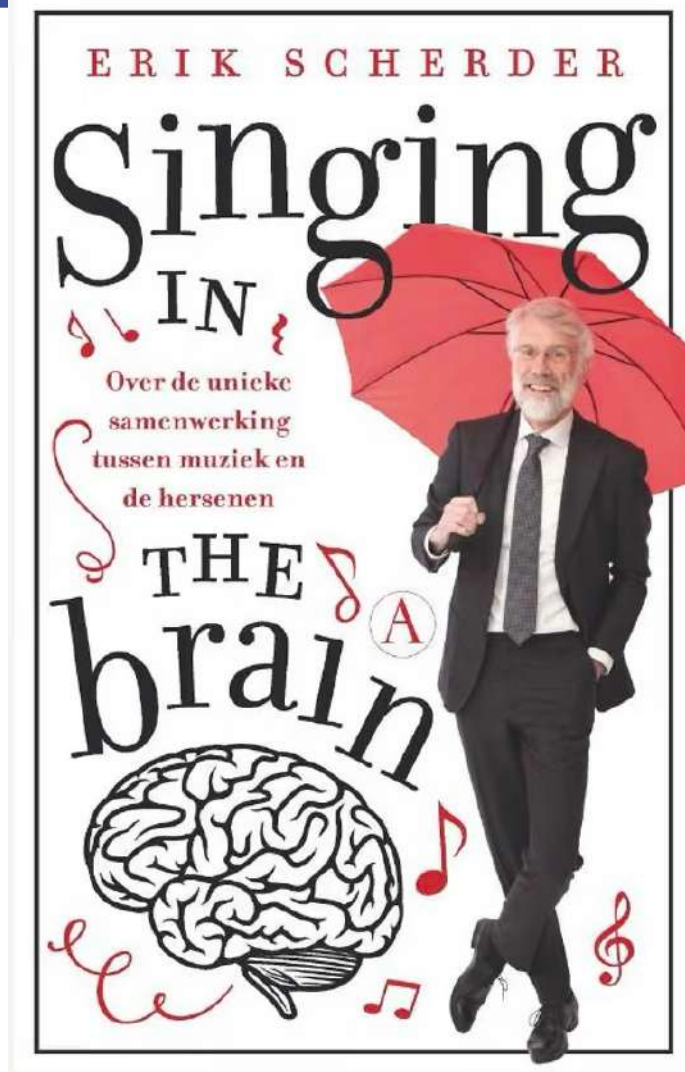


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How Music has an Impact on the Health of Elderly people **Approaches and Methods**

Robert Vroegindeweij
Timisoara, June 11 2026



The Netherlands



Radio Geluk

1. Muziek Vitaal
2. Geef Muziek kado
3. Jukebox van het leven
4. Parkinsonkoor/Geheugenkoor
5. Orkest overdag
6. Virtual Reality



Muziek Vitaal



Geef Muziek Kado



Jukebox van het leven



Parkinsonkoor/Geheugenkoor



Research

Parkinsonchoir
University College Roosevelt
University of applied science Zeeland

Short-Term Effects

- Immediate lift in mood (feeling happier)
- Boost in energy and vitality
- Stress reduction and sense of relaxation
- Greater freedom in vocal expression

Longer-Term Effects

- Increase in self-confidence
- Improved breathing control
- Better posture and body awareness
- Sustained positive changes in mood

Social Aspects

- Strong sense of belonging to the group
- Mutual support and encouragement among members
- New friendships formed
- Opportunity to share experiences in a safe environment

Overall Rating

- Average usefulness score: 8.1 / 10
- Majority of participants found the choir both beneficial and enjoyable
- High satisfaction with the activity's format and atmosphere

Virtual Reality



Governance, How to organize

- Subsidizing from State, Province, Municipality
- Durable funding
- Well equipped teachers, Musician 3.0, peer to peer
- Hybride Musicianship

Conclusion

Vision & Mission

- Lifelong Music for Everyone: deliver musical experiences at every life stage
- Interdisciplinary Expansion: integrate music with dance, theater, visual arts, etc.

Strategic Rationale

- Societal Value of Culture: new justification for public cultural funding
- Local Tailoring: work with municipalities on bespoke programs for target groups
- Collaborative Model: essential partnerships with healthcare and social domains

Outcomes & Sustainability

- Integrated Elderly Participation: combining culture, care, and community
- Financial Foundation: build a stable funding model for long-term impact
- Replicability: a blueprint for culture-social collaboration in other regions

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