

ORIGINAL RESEARCH

Singing out: The Experience of Being Involved in an Inclusive Choir for People Living With Dementia in Regional Australia

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ABSTRACT

Objective: This research explored the experience of facilitating and participating in an inclusive choir for people living with dementia in a regional Australian setting.

Setting: Sing Out Choir, a dementia-inclusive community-based choir in regional New South Wales.

Design: Two focus group discussions were held to explore the experience of choir stakeholders. Audio transcripts were analysed using inductive thematic analysis.

Participants: Twenty-five current members of the Sing Out Choir, including people living with dementia ($n = 8$), informal carers ($n = 8$), volunteers ($n = 6$), and choir staff ($n = 3$).

Results: Four themes were identified following analysis of the discussions: active encouragement promotes engagement with the choir; the choir as a place of inclusiveness and belonging; the positive benefits of choir participation; and the complexities of establishing and sustaining a dementia-inclusive choir in a regional setting.

Conclusion: The Sing Out choir provides an important opportunity for meaningful social connection for people living with dementia and their carers in this regional area. Establishing and sustaining dementia-inclusive choirs in rural and regional settings require significant time and commitment to secure initial and ongoing funding, appropriately experienced staff, an appropriate venue, and volunteer support.

1 | Introduction

The health and well-being of older Australians living outside of city areas are significantly impacted by the availability of appropriate community-based services and supports [1]. Access to specialised supports, such as those required by people living with dementia, can be particularly limited. More than 411 000 Australians are currently living with dementia, and this number is projected to more than double to around 850 000 by 2058 [2]. Dementia affects people across all geographic areas at similar

rates, with around one-third of those living with dementia residing outside of major cities [2]. With each level of geographic remoteness, however, relative access to diagnostic, medical, specialist and support services becomes increasingly challenging [1, 2].

Social connectedness plays a crucial role in enhancing the quality of life for people living with dementia [3]. Inclusive social activities in rural areas can provide important opportunities for support, meaningful engagement and well-being for both people

Summary

- What is already known on this subject
 - Engaging in meaningful social connection supports quality of life for people living with dementia and informal carers.
 - Inclusive choirs provide an enjoyable and beneficial social option for people living with dementia and their carers.
 - Opportunities to access suitable social activities for people living with dementia and informal carers in rural and regional areas can be very limited.
- What this paper adds:
 - Peer encouragement and flexible participation options are critical to overcoming initial apprehension about singing ability.
 - Inclusive choirs provide a valuable opportunity for meaningful social connection and provide a sense of belonging that overcomes stigma and poor understanding about dementia in rural communities.
 - Establishing and sustaining dementia-inclusive choirs in rural and regional areas requires long-term funding strategies, volunteer support, and activities that are adapted to local community resources and capacity.

living with dementia and their informal carers [4]. A review of Australian and international literature found that many older adults report community attachment and belonging, and the meaning and enjoyment from social participation far outweigh the negative aspects associated with rural living, such as limited access to healthcare services [4]. Studies have shown, however, that opportunities to engage in meaningful social connections can be reduced for both people living with dementia and their carers [5], with options even further limited in rural and regional areas [6, 7].

Limited access to social interactions and community connections can pose significant barriers to social participation for older adults in rural communities [4]. Research by Garrett et al. [8] highlighted that the health and social support needs of rural people living with dementia are often not met due to limited awareness of available services, a lack of meaningful social opportunities, and low knowledge about dementia, leading to stigma in both health professionals and the wider community. For both people living with dementia and their informal carers, inclusive social activities in rural areas are shown to reduce dementia-related stigma and lessen social isolation [4].

Participation in music-based therapies and choirs has been shown to provide an engaging and enjoyable opportunity to foster positive social connections for both people living with dementia [9] and for their informal carers [10]. In a recent Australian study, interviews with members of an inclusive choir for people living with dementia and their carers highlighted benefits including stronger social connections, improved cognitive stimulation and personal identity, and a positive shared activity for care dyads to engage in together [11]. Evidence to support the benefits of

dementia-inclusive choirs is growing both in Australia [11] and internationally [12, 13], though research tends to focus on evaluating the benefits of choir participation in metropolitan areas.

Little is known about the experience of delivering or participating in dementia-inclusive choirs in rural and regional areas, where opportunities to access suitable social activities for people living with dementia can be very limited. Existing literature predominantly focuses on urban settings, overlooking the unique challenges and potential solutions relevant to rural contexts. Understanding these contextual dynamics is crucial for developing engaging and sustainable social opportunities that cater to local needs.

1.1 | Objectives

This research set out to explore the experience of facilitating and participating in a dementia-inclusive choir in a regional Australian setting.

1.2 | Study Setting

This research was conducted in a regional hub in New South Wales that provides health, aged care and dementia support services to surrounding towns and rural communities. Sing Out Choir was established in July 2022 with initial funding secured through government grants. Although primarily designed to be accessible and supportive for people living with dementia, the choir is fully inclusive, welcoming family members, friends, volunteer singers, and community members of all ages and abilities. Weekly sessions involve group singing, dancing, and solo performances, and conclude with a shared lunch provided by a large team of volunteers. In addition to weekly singing sessions, the choir has held multiple sell-out performances, which have further enhanced community engagement. Since its inception, the choir has grown considerably, with around 180 participants now attending each week. The choir is sustained by ongoing support from local community organisations.

2 | Methods

A qualitative approach was used to explore the experiences of choir stakeholders. Ethics approval was sought and obtained prior to commencement of the project via the Greater Western Human Research Ethics Committee (2024/ETH00328) and the Charles Sturt University Human Research Ethics Committee (H24333). To mitigate potential bias from a researcher (AG) and their existing professional relationship with participants, they were not involved in data collection or analysis and accessed only de-identified drafts once the analysis was complete. All other authors are external researchers with no prior relationships to participants.

2.1 | Participants

To gain an in-depth understanding of participants' views and experiences of the Sing Out Choir, current members, volunteers

and staff involved with the Sing Out Choir were invited to participate in a focus group discussion. EdK and AG introduced the project verbally at the end of a regular choir session and provided all interested persons with hard copy invitations and Participant Information Statements.

2.2 | Data Collection

Separate groups were facilitated in October 2024 for people living with dementia and informal carers, and staff and volunteers, to allow a focused discussion most relevant to participants' type of involvement and experiences. The focus groups were conducted in person at the choir's regular meeting venue and facilitated by EdK. Written consent was obtained prior to commencement of the session. A semi-structured interview guide was used to encourage discussion about stakeholder experiences of being involved in the choir, their perceptions of the most valued aspects of the choir, recommendations for improvement, and practical tips for others considering starting a similar choir. The focus groups ran for 60–70 min and were audio recorded and then transcribed.

2.3 | Data Analysis

An inductive thematic analysis approach [14] was used to analyse the interview transcripts, with initial codes and themes generated to reflect participant experiences of being involved with the choir. BC, EdK and AM independently undertook initial coding, then collaboratively developed and refined codes and themes to ensure interrater reliability.

3 | Findings

A total of 25 people participated in the focus group discussions, including people living with dementia ($n=8$), informal carers ($n=8$), volunteers ($n=6$) and choir staff ($n=3$). The key themes identified in these discussions explored how active encouragement promotes engagement with the choir; the choir as a place of inclusiveness and belonging; the positive benefits of choir participation; and the complexities of establishing and sustaining a dementia-inclusive choir. Pseudonyms have been used to report the findings to protect the identity of participants.

3.1 | Active Encouragement Promotes Engagement With the Choir

Participants across both groups were overwhelmingly positive about how much they enjoy participating in the choir now, though it was clear that for many, there was a lot of apprehension and uncertainty before deciding to join the choir. Several participants reflected on how they now actively encourage others who are reluctant to 'give it a go', as they have seen how quickly new members overcome their hesitation and benefit from participation.

It took me quite a couple of months or more to talk Neil into coming but now he really enjoys it.

(Dianne, carer).

Active encouragement by the dementia counsellor who initiated the choir was the most commonly identified reason participants joined. Other effective recruitment strategies included local newspaper and radio promotions, word of mouth, and direct outreach through dementia-related services, such as pamphlets placed at service desks. Some participants were drawn to the choir after attending a concert, highlighting that initial recruitment strategies when establishing a choir may differ from those used for ongoing recruitment over time.

I think the family of Sing Out are the best advertisers, because when people just talk about Sing Out, you can see on their faces.

(Charlotte, conductor).

Informal carers often became involved because the person they cared for spoke positively about the experience, and a love of music (regardless of singing ability) was a strong motivator for many participants.

I was bringing Tess along because she had her license cut off. I used to bring her in and drop her off and so on. And when I realised she was enjoying it, and that sort of thing, oh, I might be missing out on something, especially morning tea! I've always liked to sing, but I've never sung for anyone before in my life, or I sang in the paddock or on the motorbike, whatever I was on at the time, or driving somewhere in the car. Anyway, once I went along, I was virtually addicted straight away, you know?

(Troy, carer)

Some participants also thought that the way the choir is described and promoted could influence perceptions and hesitation in joining, and that labelling it a 'dementia choir' might deter people who do not strongly identify with that label or who assume it is exclusive to those with a formal diagnosis. Participants emphasised the importance of clarifying that this is not a traditional choir, but an inclusive and participatory singing group. Clarifying that singing ability is not required and encouraging volunteers to attend without commitment could also encourage more people to volunteer.

One thing I come across talking to people, they say, Oh, I can't sing. It's a common thing. I can't sing. And what I try and get across is, you don't have to be a professional singer. You just come along for the company and for the enjoyment. And when we get up and get dancing, and I could say, well, I can't dance, but I do, and you end up, you love it.

(James, volunteer)

Increasing awareness of the choir and providing clarity about its inclusiveness among doctors, health professionals, aged care staff and community services was also seen as an important strategy to encourage referrals and promotion of the choir to potential members. Information-sharing between service providers was identified as a significant issue in the local area, so relying on word of mouth to promote the choir was seen as a limitation, particularly for individuals who do not actively seek support post-diagnosis. Several participants highlighted that awareness of available activities often occurs informally or by chance, as highlighted by Meg:

When Alex was diagnosed with Lewy body dementia, we knew there were limited things we could do to keep him active and his mind working, so I had just put in the computer ‘dementia’ and [location].

(Meg, carer)

For people living with dementia and informal carers actively seeking to connect with activities and supports, the perceived cognitive and social benefits of choir participation were noted by several participants as the reason for deciding to become involved. This was most often associated with musical activities being seen as helpful for brain health and memory, and for the identified benefits of social connection.

3.2 | A Place of Inclusiveness and Belonging

Throughout both discussions, participants reflected on how the safe and inclusive environment has fostered a strong sense of connection and belonging for everyone involved with the choir. As Troy (carer) described, ‘It becomes a family’.

The feeling of acceptance and safety within the group was identified as particularly important for people living with dementia and informal carers, as highlighted by Dianne:

When you go out just outside of here, you are different because you’ve got someone with dementia, and people do treat you different. But when you come here, you’re just all the same, we’re just all one big group.

(Dianne, carer)

Alex (person living with dementia) described how he likes to ‘judge people and places before we decide on what we’re doing’. When it came to the choir, he reflected: *We felt something in the surroundings. Soon as we stepped in that door, we could feel the goodness’.*

Many examples were shared to illustrate this inclusiveness in action, capturing an environment where everyone is supported and encouraged to engage at their own pace and regardless of their musical ability. While some took on opportunities to extend themselves with individual performances, participation through dancing and enjoying the music without feeling pressured to sing were highlighted as valued and supported types of

inclusion, particularly for members during periods of cognitive decline.

Anyone can get up to perform. And it doesn’t matter if you have a good voice or not, you’ll still get a clap. If you want to be a bit more upfront than just singing, you could go and do that, and they’re very supportive. Everyone supports you.

(Pierre, person living with dementia)

The importance of having the right staff and volunteers leading the choir was often raised across both groups. Participants expressed gratitude and appreciation for the choir facilitators, who were widely seen as crucial to the choir’s success.

How they run it just seems to suit everybody... Well, I think we’d follow these girls [the facilitators] anywhere.

(Steve, carer)

The facilitator’s enthusiastic and engaging leadership created a welcoming and inclusive environment, and many participants commented on how evident it was that they worked well together as a team. There were many discussions that highlighted how the facilitator’s clear expertise in their respective fields fostered choir member’s trust in their process and methods, particularly around the use of effective teaching, support and communication methods that consider and meet the diverse needs within the group.

3.3 | The Benefits of Choir Participation

Participation in the choir was associated with many positive benefits for everyone involved and was valued as an activity that a person living with dementia and their carer could do together. Many participants commented on how the weekly choir session is a source of joy and a highly valued weekly event they actively prioritise over other commitments. As Alex (person living with dementia) said: ‘We’ve changed our appointments with people. Tuesday morning comes first’.

Choir sessions were commonly seen to have a positive impact on mood, well-being and confidence for both people living with dementia and carers. Carol (carer) spoke about the changes she noticed in her mood: ‘It doesn’t matter what my week has been like, I can be, feeling very reluctant to come, but when I come here, I leave with a smile on my face’. Others reflected on seeing improvements in several choir members’ mobility and cognitive function, and the musical nature of the activity was also observed to reduce agitation for some people living with dementia during the session.

We have one fellow that has gone downhill, really, a lot. And he gets quite bad now but give him the mic and get him to sing, and he doesn’t miss a beat, and he has a beautiful voice. He knows every song.

(Dianne, carer)

Social benefits were frequently described by both members and volunteers, who had made new friends and reconnected with old friends and acquaintances. These connections had also extended outside of the choir for many people, who now recognised and spoke to one another when out and about in the community.

It's the interaction, I think, with other people, which is so important, at this age. I think probably any age, interaction with people is such an important part of life.

(Steve, carer)

Volunteers also reflected often on how they 'get a lot out of' being involved in the choir. There was a strong sense that being a choir volunteer is personally rewarding and meaningful, eliciting feelings of joy, satisfaction and humility around having the opportunity to contribute.

Words fail to express the depth of meaning... This is just so important, so rewarding and so refreshing. Wow. What a great thing that we're all involved in.

(Patrick, volunteer)

3.4 | The Complexities of Establishing and Sustaining a Choir

Participants highlighted several logistical and environmental factors that contribute to the choir's success, such as having a well-equipped venue with good acoustics, proximity to transport options and parking, accessibility for mobility aids, and sufficient space for movement, dancing, and seating. Having the facilities and time to enjoy lunch together was also highly valued. Securing a venue that meets all of these needs, however, can be challenging.

The establishment of the choir also involved the founder securing grant funding for equipment set-up costs (audio equipment, microphones, instruments) and sourcing donations by community organisations to sustain the costs of catering, venue hire, and paying for musical professionals (conductor and accompanist).

The regional location of the choir means that some members travel quite significant distances each week to attend the sessions. Alex (person living with dementia) reflected on how he prioritises attending sessions even though the travel takes a toll. '140k round trip to come here... We look forward to it, no matter what the weather and everything else. It just gets a lot out of us'.

The sustainability of supporting personnel was also an important consideration, with the choir relying on significant contributions by volunteers each week. Neil (person living with dementia) shared his observation of this challenge, that 'people here are really tremendous... as long as we can get the people that want to stay and work'. Volunteers highlighted many positive aspects to their role, though it was evident that the nature of working with people living with a terminal condition also came with challenges. Some volunteers discussed the emotional

impact of seeing the decline of members living with dementia over time.

Sad to see people after two years, what's happened in the beginning to now. I go home often now very teary, but I see the pleasure they get from it.

(Ruth, volunteer)

The volunteers were all older people themselves (aged in their 70s and 80s), and some reflected on how volunteering with the choir increased their worry about dementia impacting themselves or their partner.

4 | Discussion

Discussions with choir members, facilitators and volunteers highlighted that the inclusive and welcoming nature of Sing Out was central to their enjoyment and continued engagement with the choir. The positive encouragement provided by existing members played a particularly important role in encouraging others to join and participate, helping both members and volunteers to overcome initial apprehension about their perceived lack of singing skills and experience. Anxiety about singing ability has been observed to cause initial reluctance to participate in community-based choirs with older adults in both Australia [11] and the United Kingdom [15]. As demonstrated in our findings, positive encouragement and support from peers were also identified by Lamont et al. [15] as a key contributor to fostering inclusiveness and engaging new members.

Labelling and promotion of a 'dementia choir' were also identified as potentially influencing recruitment of both members and volunteers. Participants in this study emphasised the importance of language and clear messaging that Sing Out is not a traditional choir, but an inclusive and participatory singing group that does not require existing musicality. These distinctions highlight the complexity of language when it comes to balancing potential stigma and preconceived ideas about both dementia and choirs, while ensuring that broader terms like inclusive and participatory are still easily able to be searched for and identified as activities designed for people living with dementia and their carers. Garrett et al.'s [8] study of health and social care needs for people living with dementia in regional Australia showed that people not knowing about services was a significant contributor affecting access to appropriate supports. In this study, recruitment was largely attributed to word-of-mouth promotion and the influence of a passionate local champion, with limited evidence of referrals coming from other health and aged care services. Participants identified that information-sharing between service providers was a significant issue, resulting in awareness of available activities largely occurring by chance. Relying solely on word of mouth was seen as a limitation, particularly for individuals who do not actively seek support post-diagnosis. Health professionals in rural areas are often viewed as trusted sources, and their support influences participation by older adults and is a key factor in the success of rural programs [16]. Ensuring that doctors and other health, aged care and community services are actively sharing details about available programs and activities for people living with dementia would improve reach and accessibility.

The weekly choir session was frequently described as a social highlight that members prioritised over other commitments, valued for both the musical activities and the additional time for informal social connection built into the choir program for lunch. Participants described the choir as a place they felt more accepted than in other areas of their lives, where they felt others treated them differently because of the dementia. This is particularly important for people living with dementia and informal carers in rural areas, where social isolation is often exacerbated by a lack of meaningful social opportunities, limited community awareness about dementia and dementia-related stigma [4, 8]. These challenges can be compounded by the social transparency often evident in rural areas, which can provide some protective mechanisms for older adults and informal carers, but it is more often associated with stigma, reduced help-seeking and social isolation [17].

Choir participation was reported to provide positive benefits to mood, well-being and confidence for both people living with dementia and informal carers. These benefits are consistent with findings from other studies of dementia-inclusive choirs in metropolitan settings, which have found meaningful benefits to stress levels and emotional well-being [18], improved psychosocial well-being and quality of life [19] and reduced depressive symptoms for people living in residential care settings [20]. Social connectedness plays a particularly crucial role in enhancing the quality of life for people living with dementia [3], and opportunities to engage in meaningful and inclusive social activities in rural areas are beneficial for both people living with dementia and their informal carers [4].

The volunteers in this study were all older people themselves. They reported that their involvement in the choir was personally rewarding and meaningful, and that they experienced joy and satisfaction from contributing. Older people in rural areas are more likely than their urban peers to participate in volunteering [21], which provides social benefits that support their own healthy ageing [4]. Many of the volunteers also actively engage in singing as part of the choir, which was illustrated in a French study of dementia-inclusive choirs to strengthen the sense of connection between choir members and support staff [13]. Participants also highlighted the satisfaction and shared celebration that came from delivering public performances, which also strengthened the choir's connection with the local community. These types of public performances have previously been found to foster a sense of accomplishment for choir members, promote ongoing participation and support the long-term sustainability of community choirs [15].

The findings clearly and repeatedly highlighted the critical importance of the facilitators' interpersonal and professional skills as a foundation of the choir's success. Their ability to meet diverse members' needs by providing flexible ways to engage with musical and movement activities, regardless of skill level, was highly valued and central to the strong sense of inclusion and belonging. A large trial in Melbourne by Thompson et al. [11] showed that even when using credentialled music therapists specifically trained in responding to the needs of people living with dementia, individual facilitator style impacted members' experience of the choir. While credentialled music therapists are a useful addition to the design and facilitation of choirs, other studies

show many choirs are led by community musicians [10, 22]. The trio of facilitators for Sing Out comprise a highly experienced dementia counsellor, musical director and accompanist, which provided the musical direction expertise, therapeutic group facilitation skills, and dementia-specific knowledge necessary for effective choir leadership [11]. It should be noted that the availability of this kind of expertise in a regional area is likely to be limited, highlighting potential challenges with establishing and sustaining dementia-inclusive choirs.

The engagement with and value placed on the choir by staff, volunteers and members in this case provide a strong foundation and have led to significant growth and success of the choir. Several participants reflected on the choir's growth, with suggestions provided to consider whether longer sessions or multiple smaller groups would better support engagement, though these discussions acknowledged the resource implications on funding and personnel that would be required to implement these changes. These discussions highlighted the underlying challenges associated with establishing and sustaining a rural choir, both in terms of resourcing and personnel.

The establishment of the choir involved significant time and skills to navigate securing the substantial funding for equipment set-up costs and the need for ongoing grants and fundraising for sustaining the costs of catering, venue hire and paying for musical professionals. Australian research has highlighted the uncertainty many community-based dementia choirs face beyond initial funding periods, with this uncertainty sometimes causing distress among members [11]. While this was not explicitly raised during the discussions in this study, it highlights risks to the long-term viability of this type of program. The choir coordinator runs the program as an unpaid passion project, which could make it difficult to sustain. Having a predominantly older cohort of volunteers also raises concerns about the ongoing availability of support. Volunteers highlighted many positive aspects to their role, though it was evident that there were emotional and physical demands on staff and volunteers, including the challenges of witnessing member decline and the emotional toll that takes.

These are important considerations that often hinder successful and sustainable program implementation in rural areas. It was clear that the success of Sing Out has been driven by passionate and skilled leadership and extensive voluntary contributions by the choir's founder to secure funding, recruit staff and volunteers and actively recruit members in addition to the weekly facilitation of the choir. When asked what suggestions participants would give to others wanting to start a choir like Sing Out in other rural areas, the responses often reflected that it was not possible, Sing Out was truly special and could not be replicated without the facilitators. While these responses reflect the significance of having the right facilitators, they also highlight the inherent challenges for rural locations to have not only suitably qualified and experienced professionals to establish and run inclusive activities, but also ones willing and able to dedicate extensive voluntary time to achieving this. Although rural communities are well known for being creative and resilient when it comes to harnessing and adapting local resources to support musical activities [23], these findings highlight that it is crucial to co-design programs with local stakeholders, as

one-size-fits-all approaches are unlikely to succeed in diverse rural communities [16].

A limitation of this research was the use of self-selection sampling, which was chosen to promote inclusion through the assumption of capacity and to reduce unnecessary screening and potential exclusion of people wanting to contribute to the research. The nature of self-selection sampling generally requires participants to have a higher level of cognitive functioning, which potentially limited the involvement of choir members with more advanced cognitive decline. Several care dyads participated in the discussion, and while the facilitator took active steps to individually engage all participants during the discussion, occasions were observed where the person living with dementia would turn to their carer to answer when asked a question, or the carer would speak on behalf of the person living with dementia without being asked to, which occasionally impacted hearing directly from some participants living with dementia. Future research designed to hear separately from individuals living with dementia and informal carers would be useful to mitigate this challenge. Participants in this research had also been engaged with the choir for varied periods prior to the research. This was necessary for the depth of understanding about the choir experience for this study, though future research using a pre-post design would be useful to better understand how demographic factors influence outcomes and experiences of the choir.

5 | Conclusion

Participation in the Sing Out choir provided many positive benefits and a strong sense of connection and belonging for people living with dementia, informal carers, volunteers and choir staff. Establishing and sustaining dementia-inclusive choirs in rural and regional settings require significant time and commitment to secure initial and ongoing funding, recruit appropriately experienced staff, identify an appropriate venue, and engage volunteer support. These findings reflect the overwhelming sense of positivity about choir participation discussed in the focus groups, highlighting the important contribution of this community activity for people living with dementia and informal carers in this regional area.

Author Contributions

Belinda Cash: project administration (lead), conceptualisation (lead), investigation (equal), formal analysis (equal), writing – original draft presentation (lead), writing – review and editing (equal). **Elsie de Klerk:** conceptualisation (supporting), investigation (equal), formal analysis (equal), writing – original draft presentation (equal), writing – review and editing (equal). **Adrienne Matthys:** formal analysis (equal), writing – original draft presentation (equal), writing – review and editing (equal). **Anne Gemmell:** project administration (supportive), conceptualisation (supporting), writing – review and editing (supporting). **Suzanne McLaren:** conceptualisation (supporting), writing – review and editing (supporting).

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Ethics Statement

Ethics approval was sought and obtained prior to commencement of the project via Greater Western Human Research Ethics Committee (2024/ETH00328) and Charles Sturt University Human Research Ethics Committee (H24333).

Conflicts of Interest

Author 4 (AG) has an existing professional relationship with participants. To mitigate potential bias, they were not involved in data collection or analysis and accessed only de-identified, post-analysis drafts.

Data Availability Statement

The data that support the findings of this study are available from the corresponding author upon reasonable request.

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