

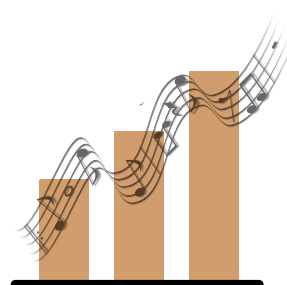
MUSIC THERAPY & SENIORS

Music interventions provide unique ways for seniors to maintain and rehabilitate cognitive skills, decrease isolation, and improve daily living goals where traditional approaches may fall short.

WHY MUSIC THERAPY WORKS

Over 60 years of research has established connections between music and memory, singing and speech, and rhythm and motor skills. Research conclusively demonstrates that facilitated music interventions improve mood, attention, and engagement to optimize seniors' ability to build executive functioning skills, maintain daily living skills, regulate their emotional state, and improve quality of life.

In practice, music therapy addresses functional communication and memory recall, while decreasing feelings of isolation and loneliness, building community, and facilitating social interaction between seniors, staff, and caregivers.

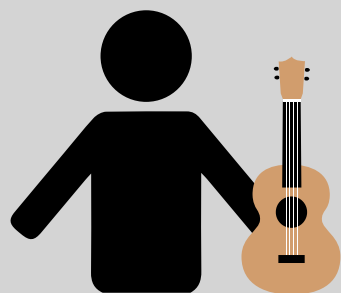


MUSIC THERAPY EXAMPLE

A senior with dementia is referred to a music therapy group to improve mood and reduce agitation. The individual chooses the song, "This Land is Your Land" and the group sings along while playing percussion instruments. After singing, the individual has the opportunity to engage in a conversation about places they've traveled around the world.

Music is uniquely effective in this scenario because musical memories can be stored anywhere in the brain. The familiar singing reduces agitation; singing and instrument playing in a group produces dopamine -improving mood; and participating in conversation decreases loneliness, promotes social interaction, and builds community.

WHY A MUSIC THERAPIST



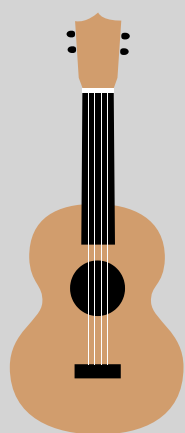
Music therapists have collegiate-level training on piano, voice, guitar, and percussion and must pass a national exam after completing a Bachelor's degree and supervised internship.

Qualified music therapists have been providing music therapy in group and one-on-one settings for seniors in their homes and in assisted living and memory care facilities.

GETTING STARTED

Seniors can be referred to music therapy by a family member or member of the individual's care team.

To begin, the music therapist will conduct a formal assessment, set individualized goals, then facilitate music interventions custom-designed to meet that individual's music preferences and therapy goals.



MUSIC THERAPY IN PRACTICE

To work toward identified goal areas, seniors participate in instrument playing, music and movement, song writing, and other custom-designed music interventions.

Music therapy sessions can be facilitated in group and individual settings, or in co-treatment settings alongside other therapists. Music therapists also consult with caregivers; physical, occupation, and speech therapists; and other nursing staff.

FIND A MUSIC THERAPIST

VISIT [MUSICTHERAPY.ORG](https://www.musictherapy.org)

