

MUSIC THERAPY: LEADING THE WAY TO POSITIVE, HEALTHY AGING

What is Music Therapy?

Music Therapy is an established health profession in which a board certified music therapist uses music and music experiences to address the physical, mental, emotional, social, communicative, and spiritual needs of older adults in an integrated fashion.

Why Live Music?

- Capabilities are enhanced through planned musical influences on brain functioning
- With live music, residents are actively participating in a music-making experience, which increases social interactions, quality of life, and cognitive stimulation
- Live music can be adapted in the moment to help clients cope and express themselves
- Live music allows for a variety of songs, instruments, and interventions to be used

Targeted Music Therapy Goal Areas

- Decrease pain and agitation
- Increase emotional expression and coping skills
- Regulate sleep and mood
- Increase socialization and communication among residents
- Improve motor function
- Increase quality of life and spiritual well-being
- Decrease undesired behaviors
- Increase autonomy from family members and staff
- Enhance spiritual well-being
- Increase cognitive skills and engagement

Cost Effectiveness of Music Therapy

- Participation in music therapy programs impacts the patient experience, which increases the attractiveness of a facility
- Music therapy can be conducted in group settings, which optimizes the money spent for the maximum amount of residents at a time
- Participation in music therapy sessions helps increase motivation in residents and decrease dependence on staff members, which helps lower costs

How do I Find a Music Therapist in my Area?

The American Music Therapy Association (AMTA) and the Certification Board for Music Therapists (CBMT) both keep an up-to-date list of board-certified music therapists practicing throughout the country. Use the information from either website to find a music therapist near you!

www.musictherapy.org

www.cbmt.org

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