



Roman Music Therapy Services

Services for Seniors

Our Mission

Roman Music Therapy Services strives to meet the diverse needs of the community within facilities, schools, nursing homes, senior centers, towns, and cities through music therapy experiences, education, and resources. Our team of music therapists use the power of music to support personal and interpersonal growth and enhance the life of the community. Using musical tools, new possibilities and opportunities are created for reaching our full potential.

Individual Music Therapy

Supportive and therapeutic music making on an individualized basis for older adults. Goals can include:

- increasing physical activities
- improving physical functioning
- improving or maintaining skills in the area of mental functioning
- increasing reminiscence
- increasing self expression
- increasing communication with others
- increasing quality of life

Group Music Therapy

Let's Sing Together Music Therapy Groups

Song based music therapy groups that encourage and support individuals in making music together, singing familiar songs with an emphasis on engagement, memory and life recall, and increasing connections to their peers and staff through active music making and discussion.

I've Got Rhythm - Instrument Music Therapy Groups

Through active music making and instrument play, participants are able to engage in verbal and non-verbal musical interactions that provide personal satisfaction and increase interpersonal relationships.

Sunrise Singers - Performance Based Music Therapy Groups

Based on a wellness approach, our performance based music therapy groups emphasize maintaining skills and strengths for the benefit of ones' self and others. Opportunities to perform can be created within a facility or outside in the community increasing the participants joie de vivre!

Sprouting Melodies - Intergenerational Music Therapy Programs

Involving people of multiple generations in a fun and supportive environment is a benefit to all involved. Using our successful program for babies and toddlers, we are able to provide a structured musical environment that engages all participants and provides multiple opportunities for the generations to learn from each other.

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