



Music Therapy Services for Adults with Disabilities

We all seek meaningful relationships and opportunities for growth and progress in our lives. Adults with developmental disabilities or mental health concerns also benefit from the opportunity to express themselves and be heard and understood. Through therapeutic music making, adults with unique needs can explore musically in a safe and therapeutic environment. In both individual and group music therapy for adults, the music and the music therapist create a safe space for exploring one's potential, strengths and needs. Through structured music making, improvisation, songwriting, or lyric analysis, a musical journey begins that can lead to increased self-confidence, improved leisure skills and satisfying relationships with others.

Who Can Benefit

Adults who are in residential homes, day habilitation programs or living independently often find individual and group music therapy sessions beneficial. Music therapy benefits adults with a wide range of needs and skills.

Goals

Our services are goal driven and our therapists work with family members and/or team members to determine meaningful goals and objectives. Goals for adults with special needs are designed to be supportive and therapeutic, and involve live and recorded music making.

Goals can include:

- Improve mental functioning through the qualities of music associated with memory, timing, sentence structure and phrasing
- Improve physical functioning with movement
- Develop social skills
- Increase verbal functioning and communication
- Increase awareness of environment through interactive group music making
- Increase self-expression through exposure to various instruments and diverse music experiences

Program Offerings

- Individual music therapy, in center or at home
- Group music therapy at day-hab sites or assisted living facilities
- Improvisation and songwriting within a therapeutic setting
- Drum Circle+™
- Open Mic/Karaoke Nights
- Inclusive Community

For more info on how our services can benefit your family member or program, please call our office!

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