



Music Therapy in Hospice Care

Music therapy has been shown to be a beneficial treatment option for patients in both hospice and palliative care. Music therapy can be used to address a variety of patient needs related to respiration, acute and chronic pain, cardiac conditions, adaptive coping, mental health, and surgery.

Who Can Benefit

Music therapy can be beneficial in a wide variety of circumstances and scenarios. Patients who are particularly motivated to participate in music activities, or who have used music in the past as a coping mechanism, or just enjoy listening to music are good candidates for music therapy services. Patients do not need to have music skills to be successful in music therapy.

Music therapy provides:

- A forum to share common experiences
- Meaningful time spent together in a positive, creative way
- Stimulation for reminiscence
- Unity and intimacy through verbal and nonverbal interaction
- Opportunities to express emotions and thoughts through the creative process
- Stress management/music assisted relaxation
- Respite for the caregiver

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 patients in hospice are designed to be supportive and therapeutic and can involve both live music making and active listening to recorded music.

Outcomes vary by patient, but can include:

- Increase awareness with music
- Music assisted life review
- Maintain gross and finer motor skills
- Maintain spoken language abilities
- Decrease perception of pain
- Increase positive coping strategies
- Address the five tasks of dying
- Create legacy for loved ones
- Enhance positive affect
- Process anticipatory grief through creative expression

Program Offerings

In addition to individual and group music therapy sessions, we also offer these enhanced services:

- **Legacy Projects:** Provides clients with a means to highlight their contributions to the world to share with future generations. These may include audio/visual recordings, tangible gift giving, or recording of original songwriting done in music therapy sessions.
- **Music for funeral or memorial service:** Provides meaningful music for end of life remembrances for family members, friends and other caregivers.

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

333 North Avenue, Wakefield, MA 01880 ~ phone 781.224.3300 fax 781.224.3306