



Music Therapy for Seniors

Music enhances quality of life and facilitates rehabilitation in seniors. Music is the glue that holds us together and connects us to others. Older adults are able to use music as a way to engage with others, to express themselves and to be active. The socialization provided through music therapy inspires older adults to participate and interact with others, bringing joy, comfort and purpose to their day.

Who Can Benefit

Both **healthy seniors** and those in **rehabilitative care** can benefit from music therapy. Music making includes restorative benefits to reduce the isolation of aging, hospitalization or rehab stays, reinforcing the mental, physical and emotional well-being of the older adult. Seniors with **Alzheimer's** or **dementia** have been benefiting from music therapy services for a long time. Not only does music encourage movement and socialization, but it can also help create clarity, enable verbal and nonverbal communication and improve memory recall.

Music making can happen wherever seniors are!

- Senior centers
- Assisted living facilities
- Memory Cafes
- Individual homes
- Well senior groups
- Hospice care
- Group or individual services at nursing home

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 seniors are designed to be supportive and therapeutic, and involve live and recorded music making.

Goals can include:

- Improving or maintaining cognitive functioning
- Increasing physical activities
- Improving physical functioning
- Increasing communication with others
- Increasing reminiscence
- Increasing self-expression
- Improving quality of life

Program Offerings

Our music therapists are skilled at including everyone in the sessions, adapting music experiences and helping all group members participate to their greatest potential. From drums, to guitars, to a wide repertoire of music, our music therapists come to the home or facility with the music materials we need for therapeutic music making. Our offerings include, but are not limited to:

- Individual and group music therapy
- Drum circles
- Music and Memory™ consultation
- Hospice and palliative care
- Memory Café experiences
- Pain management
- Legacy projects
- Bereavement care and services

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

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