

What is Music Therapy?

Music therapy is the use of music and therapeutic relationships to improve clients' quality of life through planned, goal directed activities.



Our therapists work with clients who are recovering from surgery or stroke as well as those diagnosed with chronic conditions such as Alzheimer's, Parkinson's, dementia, anxiety, depression or arthritis.



How can music therapy help older adults?

Clients of all levels of physical, social, and emotional abilities are provided with sessions that are both challenging and supportive.

Benefits include:

- Relaxation
- Memory Support
- Improved balance
- Increased Awareness
- Pain Management
- Enhanced Socialization



What happens in a music therapy session?

- Singing
- Song Analysis
- Learning
- Songwriting
- Moving to Music
- Reminiscence
- Listening to Music
- Playing Instruments
- Self-expression

A plan is created for individuals or groups using input from the client(s), caregivers, family members, and other health professionals.