

# “ Quotes ”

*“Music therapy is much more complicated than playing records in nursing homes. Therapists are trained in psychology, group interaction, and the special needs of the elderly.”*

~ Sen. Harry Reid

*“Where there is music, there are smiles.”*

~ King member

*“(Music therapy) can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort -- between demoralization and dignity.”*

~ Barbara Crowe (past president of the National Association for Music Therapy)

*“I regard music therapy as a tool of great power in many neurological disorders -- Parkinson’s and Alzheimer’s -- because of its unique capacity to organize or reorganize cerebral function when it has been damaged.”*

~ Oliver Sacks, M.D.

*“Music is a wonderful thing.”*

~ King member



# Music Therapy

*Taking Care of  
America’s Heroes!*



Veterans Home - King

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## What is Music Therapy?

**Music Therapy** is an established health profession in which music is used within a **therapeutic relationship** to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

Taken from AMTA (American Music Therapy Association)

## Referrals and Assessment

Referrals are made by licensed staff, to the Music Therapist (MT). Next, the MT assesses the member in a variety of areas including: physical, emotional, cognitive, sensory, and mood. A history of the member's music preferences and experience is also completed. The MT then writes a personalized plan of care for the member according to their specific needs, abilities, and preferences.

## Goals

Music Therapy goals may include: socialization, sensory stimulation, cognitive stimulation, relaxation, pain management, emotional support, anxiety management, deep breathing, voice projection.

## Interventions

Music Therapy is provided in individual or group sessions. The Music Therapist may use a variety of interventions including: singing, drumming, music games, guided relaxation, movement, instrument playing, song writing, song discussion, and/or sensory stimulation.

## Other Music Programs

WVH-King offers a variety of music programs for entertainment and recreation. Programs include:

- King Singers – member choir
- Sing Along and Karaoke
- Special Music Performances
- Birthday and Holiday Parties
- Handbell Choir
- Drumming Circles
- Music and Memory iPod Program

