



Loving Arms
Elder Care

MUSIC THERAPY

The idea of music as a healing influence which could affect health and behavior is not a new concept, but has been used throughout history. Music therapy is the use of music to promote healing and enhance quality of life. Music therapy may be used to encourage emotional expression, promote social interaction, relieve certain symptoms, and for other purposes. Music therapists may use active or passive methods, depending on the individual's needs and abilities.



Music therapy uses all aspects of music to help people to improve their physical, emotional, and spiritual health. Healthy individuals can use music for stress reduction via active music making, such as drumming, as well as passive listening for relaxation. Music is often a vital support for physical exercise. The sensory and intellectual stimulation of music can help maintain a person's quality of life. There are no claims music therapy can cure cancer or other diseases, but medical experts do believe it can:

- aid healing
- reduce pain
- relieve stress
- lower breathing rate
- calm or sedate
- induce sleep
- lower heart rate
- lessen muscle tension
- facilitate self-expression
- improve memory and recall
- relieve chemotherapy-induced nausea and vomiting
- improve physical movement
- enrich a person's quality of life
- reduce high blood pressure
- counteract depression
- counteract apprehension or fear
- improve awareness and concentration
- enhance interest levels and social interaction
- reduce anxious or aggressive behaviours
- reduce social withdrawal/isolation
- provide an overall sense of well-being



MUSIC THERAPY ~ CONTINUED

All styles of music can be useful in effecting change in an individual's life. The individual's preferences, circumstances and need for treatment, and their goals help to determine the types of music used. Some aspects of music therapy include making music, listening to music, writing songs, and talking about lyrics. It can be done in different places such as hospitals, cancer centers, hospices, at home, or anywhere people can benefit from its calming or stimulating effects. The individual does not need to have any musical ability to benefit from music therapy.

Some types of music therapy consist of:

- requesting favorite songs
- singing
- dancing or moving to music
- performing in a choir or band
- listening to music
- playing instruments
- song writing
- reminiscing