THE EFFICACY OF MUSIC THERAPY WITH OLDER ADULTS

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There are no relevant personal financial relationships
Almost Everyone Needs Music

Not Everyone Needs Music Therapy

Music alone is not Therapy but can be Very Helpful or Therapeutic

There is Room for Music Providers of Many Types on the Late Life Continuum of Care
Music in the Continuum of Care

- Family, Staff, Volunteer & Professional Providers
- Passion, Genuine Interest & Commitment
- Sensitivity
- Awareness of Self & Others
- Awareness of Musical Taste & Preferences
- Knowledge of Strengths & Limitations (Self & Others)
- Consider Musical Knowledge, Skills & Abilities
Continuum Level 1: Participation

- Basic “Common Sense” Knowledge Required
- Music is Delivered in Large Groups
Continuum Level 1: Purpose

- Improving Life Quality
  - Aesthetic Experience, Enjoyment
  - Entertainment
- Diversion from Routine
- Cultural Participation
  - Maintaining Traditions
  - Marking Events/Celebrations

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Continuum Level 2: Socialization

- “Do and Don’t Do” Training Required
- Music is Delivered in Small Groups
Continent Level 2: Purpose

- Social Interaction
- Awareness of Others
- Associations with Past Life, Recalling Memories/Histories
Continuum Level 3: Intervention

Completed Education & Training as a Music Therapist

Credential

Music Therapist-Board Certified

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Continuum Level 3: Intervention

- Affects Functional Changes
  - Cognitive-Memory & Attention Training, Executive Function Training
  - Physical-Motor Rehabilitation
  - Communication-Speech & Language Rehabilitation
  - Emotional-Mood Vectoring & Support
  - Social- Engagement Facilitation, Social Function

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Indications for Music Therapy

When it Facilitates Change!

- Poor or Inadequate Success with other Interventions
- Patients become Bored with Regimens
- Neurological Impairments Compromise Ability to Understand Rehab Instructions
- Failure to Engage in other Interventions without Music Therapy Support

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Arousal: Physiological & Psychological State

- Awake & Reactive to Stimuli

Under Arousal

Over Arousal

Music Experiences can Shift Arousal
Model for Music Therapy Engagement & Outcomes

Current Environment Initial Arousal State

Musical Elements Matched to Arousal

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Manipulated Musical & clinical Elements

Engagement in Music Therapy Experiences

Optimal Arousal & Ongoing Attention
CLINICAL EXAMPLES

Stroke
CLINICAL EXAMPLE

Chronic Obstructive Pulmonary Disease
CLINICAL EXAMPLES

Dementia

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