

Frequently Asked Questions: Caregivers



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What is Music Therapy?

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. ([American Music Therapy Association, 2005](#))

Who are Caregivers?

A caregiver as defined by Merriam-Webster, is a “person who provides direct care (as for children, elderly people or the chronically ill.)” The role of the caregiver is as equally important if sometimes not more important than the therapist, the client and the music to the success of the music therapy session.

Role of the Caregiver

The caregiver’s knowledge of the client can be extremely beneficial for the success of therapy. Information that is important to share with the music therapist could include medication changes, illnesses, changes in routine and any significant happenings that could affect the client’s participation and success in sessions. Through participation, the caregiver provides an excellent role model for the client; can provide necessary information to the therapist and serves as the liaison between the therapy sessions and application of skills at home.

Resources

[Caregivers of a loved one with Alzheimer’s](#)

[Bereavement for loved one with cancer](#)

[Caring for persons with Intellectual or Developmental Disability](#)

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