



m|t Frequently Asked Questions: Older Adults



Service Options: Music Therapy, Music Lessons, Ensembles, Support Groups

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 Definition, 2005](#))

Therapeutic Outcomes

When treatment is recommended, goal areas may address:

- Mood regulation
- Cognitive stimulation
- Reminiscence
- Quality of life
- Communication

Safety Is Key

An initial assessment lasting 45-60 minutes assists to determine whether music therapy treatment may be recommended for the individual. Additionally a consent form to speak with other therapists and healthcare professionals working with the client is necessary for a collaborative approach.

Individual Treatment Process

Our staff of board certified music therapists work with individuals who have diagnoses and conditions such as Parkinson's Disease, Alzheimer's, Post-Stroke, Depression, etc. Completion of an [Intake Form](#) starts the process for individual treatment. Pending evaluation results, clients may receive sessions once or twice per week for 30 or 45 minutes in length.

CONTACT

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