



## 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

**Phone: 803-206-2044**

**Online: [www.piedmontmusictherapy.com](http://www.piedmontmusictherapy.com)**

**Piedmont Music Therapy, LLC: Main**  
220 Westinghouse Boulevard, # 402  
Charlotte, NC 28237

**RMC Ministries: Community Space**  
1756 Eden Terrace  
Rock Hill, SC 29730

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