

A song can take you back instantly to a moment, or a place, or even a person. No matter what else has changed in you or the world, that one song stays the same, just like that moment. Which is pretty amazing, when you actually think about it.
- Sarah Dessen -



Attuned to Health

Dementia &
Music Therapy

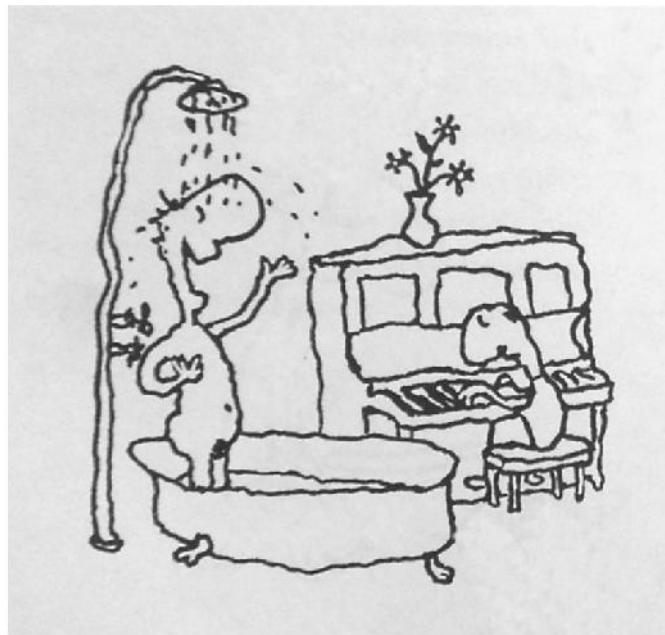
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Objectives

To provide opportunity to experience the benefits of music therapy in relation to the health and wellbeing for our aging population and ourselves.



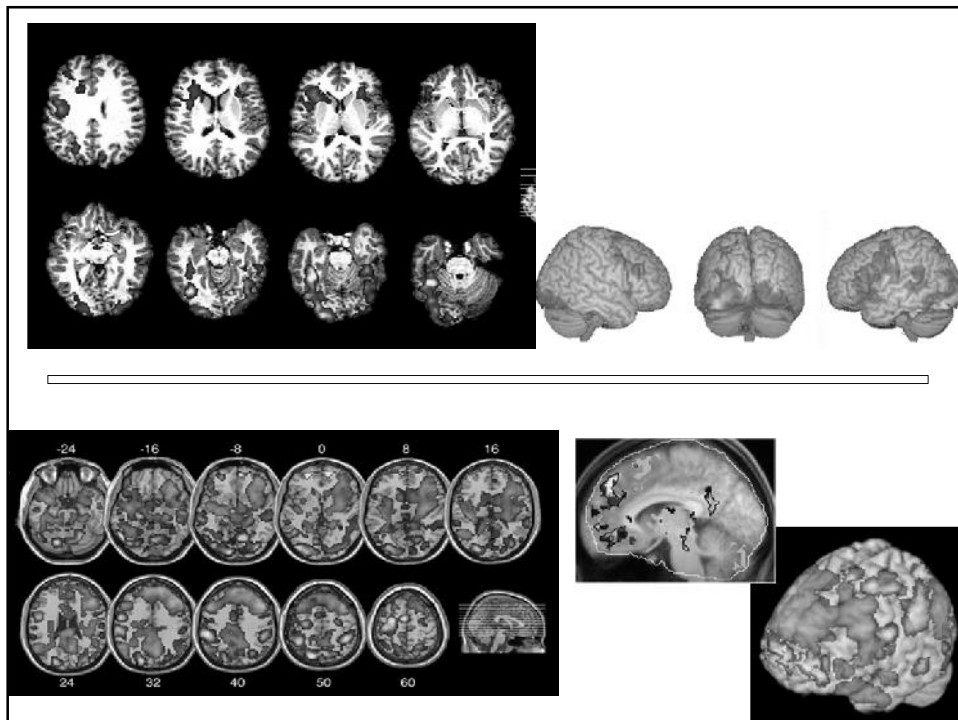
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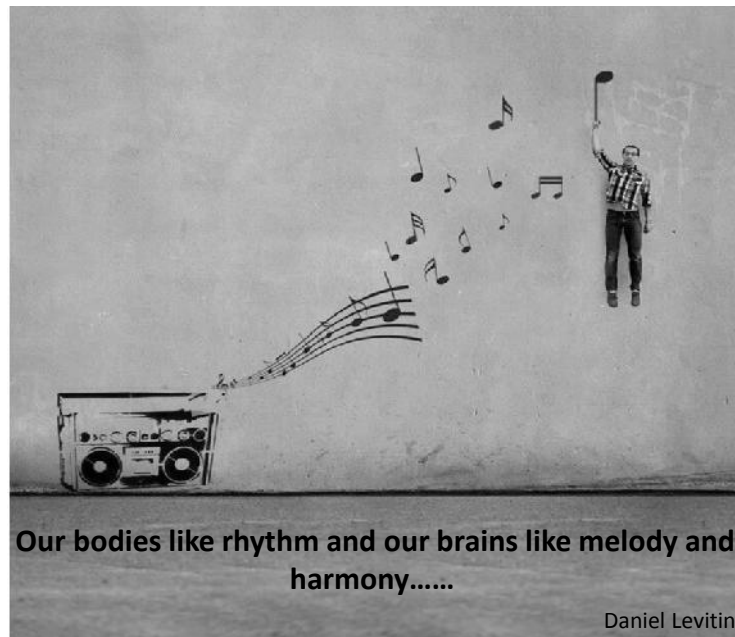
Music Therapy



'A research-based profession.
Music is used to actively support health,
functioning and wellbeing....
....May address physical,
psychosocial, emotional, cognitive and
social needs of individuals within a
therapeutic relationship'

AMTA, 2014



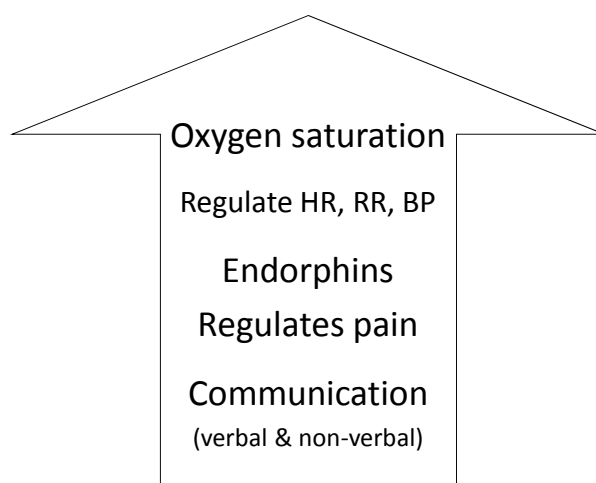


Music Therapy in Dementia Care

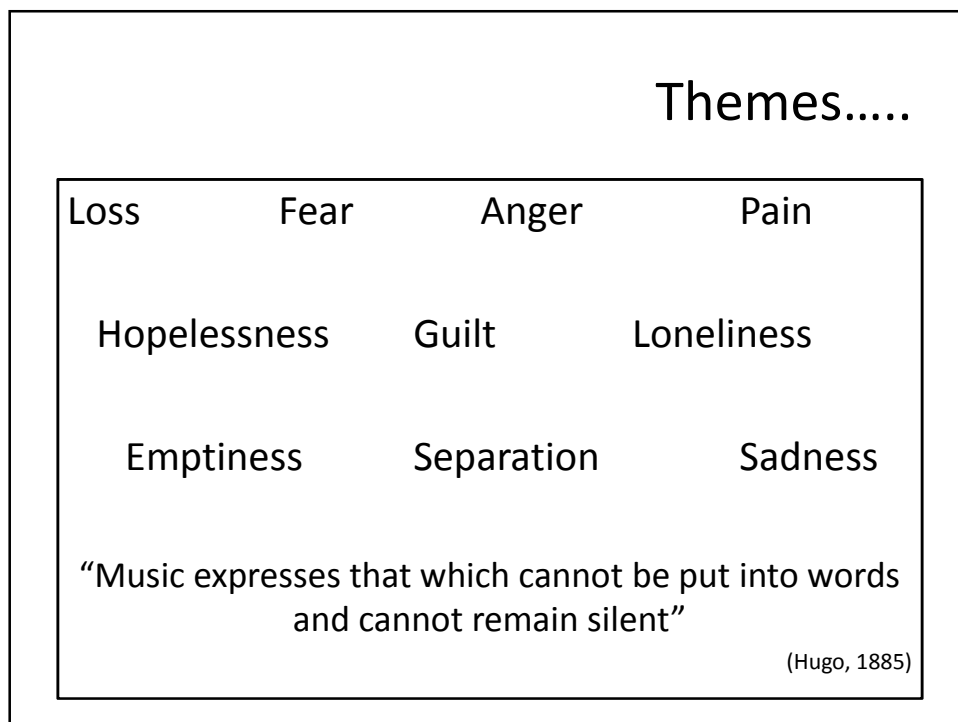
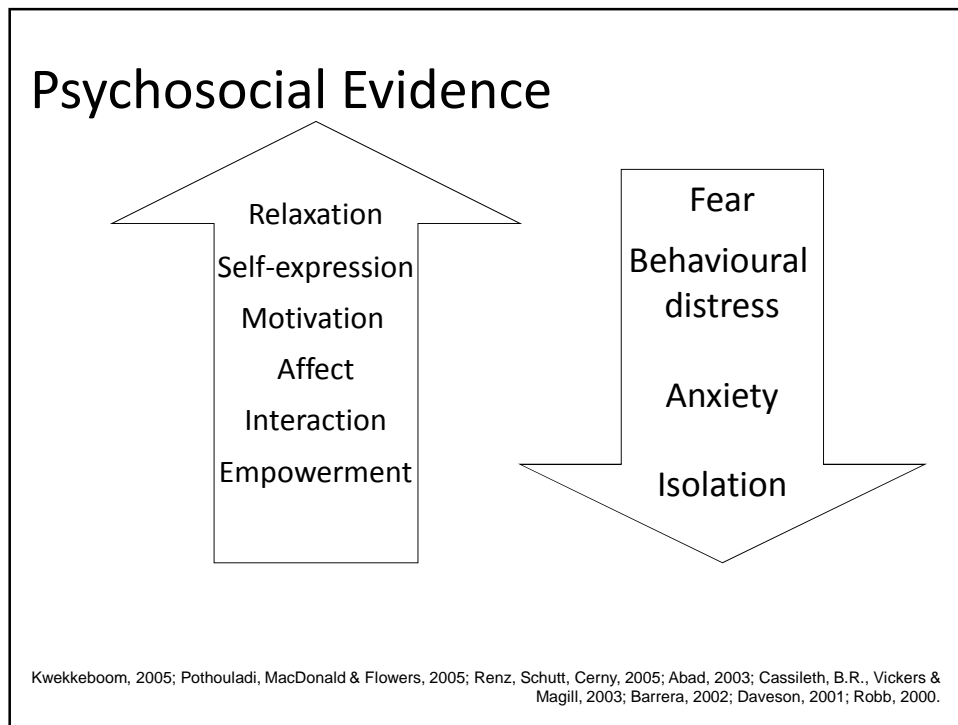


'using music to bring wellness out of people...'

Physiological Evidence



Davidson & Faulkner, 2010; Ridder et al., 2013; Clift, Hancox, Staricoff, & Whitmore, 2008; Hara, 2011; Belgrave, Darrow, Walworth & Włodarczyk, 2011; Ledger & Baker, 2007; Sloboda, 2009; Ridder, 2006





Music provides a bridge for clients to safely communicate and externalise thoughts and feelings.
(ISSD, 2005)

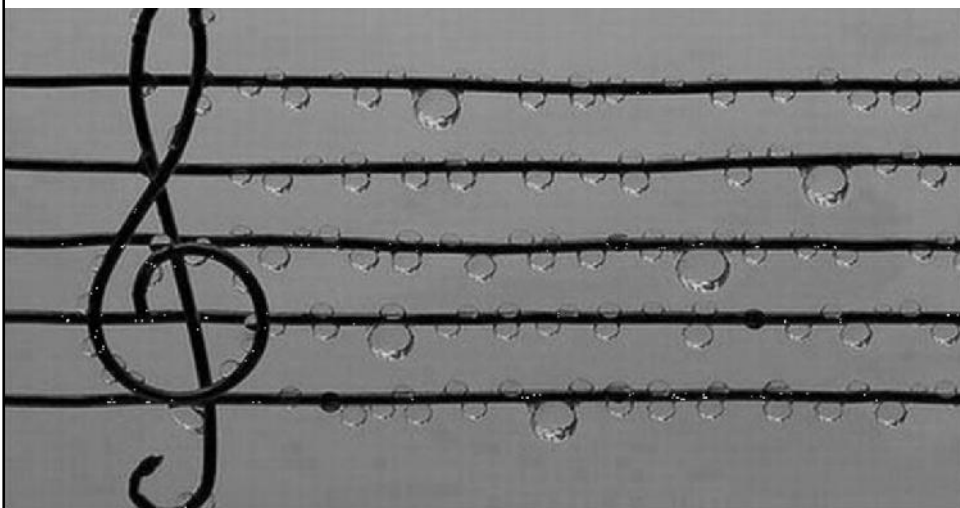
Why music works....

- Meets sensory needs
- Regulating
- Uses both hemispheres of the brain
- Meets resistance
- Gather depleted energy
- Release creative responses
- Creates understanding
- Predictable
- Containing
- Fun!

Music / Therapy has a capacity to enable renewed or heightened sense of personal significance & ongoing presence,

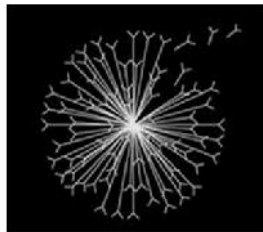
Where life's vulnerability is constantly present.

How can you use music?



'Music can lift usor move us to tears –
it is a remedy, a tonic, orange juice for the ear.
But for many of my patients, music is even
more –
it can provide access, even when no
medication can,
to movement, to speech, to life.
For them, music is not a luxury,
but a necessity.'

Oliver Sacks, 2007



Attuned to Health

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