



Music Therapy

for Older Adults

What is CNNH?

CNNH is an innovative and integrative neurohealth organization that provides diagnostic and treatment services for children, adolescents and adults with neurological, neuropsychological, neuropsychiatric, behavioral, developmental and learning concerns.

What is Music Therapy?

Music Therapy is the clinical and evidenced-based use of music interventions to accomplish personalized goals for individuals within a therapeutic relationship by a board certified music therapist.

For more information please contact:

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Research has shown that music can evoke significant responses in the older adult population due to the familiarity, predictability and motivational aspects of music. In addition, music can provide a form of sensory stimulation and a feeling of security within each session.

Music therapy can provide opportunities for:

- Enhancing memory
- Alleviating pain
- Managing Stress
- Promoting Wellness
- Improving communication
- Awareness of self and one's environment
- Anxiety and stress reduction for older adult and caregivers or family
- Facilitating movement and physical rehabilitation
- Motivation to participate in treatment
- Outlet for self-expression, expression of feelings

Individual or Group sessions:

- May last 30-45 minutes
- Are highly tailored to the participant's individual interests, strengths
- Will provide an opportunity for instrumental and vocal experiences to facilitate changes, improvisation or client compositions, accompaniment or conduction of group experiences, instrument instruction, music and movement activities, and/or structured music listening opportunities.

No musical experience or skill is necessary to participate in music therapy.



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