



MUSIC THERAPY

WHAT IS MUSIC THERAPY?

Music therapy incorporates musical activities to address physical, emotional, cognitive and social needs of individuals. Activities such as singing, moving or listening to music can help improve speech, motor skills, memory and balance.

MUSIC THERAPY AT A.G. RHODES

The Music Therapy Program at A.G. Rhodes is a component of the Therapy and Rehabilitation Department. Our Certified Music Therapist administers music therapy in group and individual settings. Treatment may take place at bedside, in resident living areas and in general “activity” spaces.

With the vast musical experience and interests of our patients, the Music Therapist incorporates music from the



1920s to the present day. Styles range from big band jazz, country, religious, rock-n-roll and old-time sing-a-longs. The way in which patients engage in music depends on their level of functioning and treatment goals.

Several common music therapy practices involve singing, moving to music, playing instruments or listening. In addition to the clinical benefits, music therapy sessions are fun, motivating and light-hearted, while encompassing the personal musical preferences of the patients.

CO-TREATMENT WITH OTHER DISCIPLINES

Co-treatment between music therapy and other therapies including physical, occupational and speech, occurs on a weekly basis. In addition to interfacing with other rehabilitation therapies, the Music Therapist works in conjunction with staff from the activities, restorative and nursing departments. Patient goals may vary from improved speech (through singing), balance or strength, to increased motivation or attention.

ABOUT A.G. RHODES A.G. Rhodes Health & Rehab is Atlanta’s premier provider of therapy and rehabilitation services, short-term recovery and long-term care, operating three distinctive homes in metro Atlanta. As one of Atlanta’s oldest nonprofits, A.G. Rhodes has set the standard for serving an aging community since 1904.

A.G. Rhodes Health & Rehab is ranked among The Atlanta Journal-Constitution’s Top Workplaces and our homes are included in the U.S. News & World Report’s Best Nursing Homes.

FOR MORE INFORMATION Please contact our Music Therapist, John Abel, MPH, LPMT, MT-BC, at 770-891-3051 or JAbel@agrhodes.org.

A.G. RHODES
 HEALTH & REHAB
www.agrhodes.org 800-357-2980