

# 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.

## Health Benefits

Many physical, psychological and social benefits are associated with music, especially for those living with dementia and other cognitive and physical challenges. Music is therapeutic and helps people to reconnect with the world. The longest lasting memories that people have are often musical memories, and listening to, playing or singing familiar songs help people recall experiences.

Music has numerous health benefits, such as:

- Stimulates the brain and helps people recall memories
- Lessens stress and anxiety
- Reduces depression and improves mood
- Increases productivity and energy levels
- Increases cardiovascular strength
- Improves speech, motor skills and balance
- Improves respiratory function
- Slows the decline of cognitive skills
- Minimizes the effect of arthritis
- Leads to increased involvement in activities
- Lessens feelings of isolation and loneliness
- Creates bonding experiences
- Creates opportunities to communicate
- Provides avenues for creative expression
- Fosters happiness and pleasure

## 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 and residents, 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 individuals 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 those participating.

## 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. Individual goals may vary from improved speech (through singing), balance or strength, to increased motivation or attention.

**About A.G. Rhodes:** A.G. Rhodes has been an essential resource in the community since 1904. As one of Atlanta’s oldest nonprofit organizations, we are a leader in the fields of health care and aging, offering therapy and rehabilitation services, and long-term and short-term care at three metro Atlanta locations. We are driven by our mission to provide expert and compassionate rehabilitation therapy and residential care to seniors in metro Atlanta.

**For More Information:** Contact our Music Therapist, John Abel, MPH, LPMT, MT-BC, at 770-891-3051 or [jabel@agrhodes.org](mailto:jabel@agrhodes.org).

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**A.G. Rhodes**

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