



Songs for Seniors

What is Songs for Seniors?

The Songs for Seniors program within our Music Therapy Department promotes the use of music as a therapeutic tool to connect with seniors. Music is incorporated into many areas of the day including therapy and rehabilitation sessions, organized activities and personal time.

A key component of the program is the use of music devices that include songs tailored for individual residents to enjoy. Staff have been trained under the MUSIC & MEMORYSM Certification Program to create personalized music playlists that are downloaded onto iPods/mp3 players. They facilitate sessions with residents who listen to their favorite songs and musical preferences. As a result, residents experience positive reactions while recalling fond pastimes, and they are more alert and engaged throughout the day.

Health Benefits

Many physical, psychological and social benefits are associated with music, especially for seniors 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

Support Songs for Seniors

You can support the Songs for Seniors program and help bring personalized music to the residents at A.G. Rhodes.

Visit www.agrhodes.org/songsforseniors for more information or to make a contribution. Funds raised support the Music Therapy Department and help cover the costs of various items including iPods, downloadable music and headsets, as well as staff training.

Contact Us

For more information about Songs for Seniors, contact the program's coordinator, Karen Lupton, at 404-229-6774 or klupton@agrghodes.org. For more information about Music Therapy, contact our Music Therapist, John Abel, MPH, LMPT, MT-BC, at 770-891-3051 or jabel@agrghodes.org.

For more information about A.G. Rhodes, or to contact us, visit www.agrhodes.org or call 1-800-357-2980.



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.

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www.agrhodes.org 800-357-2980