

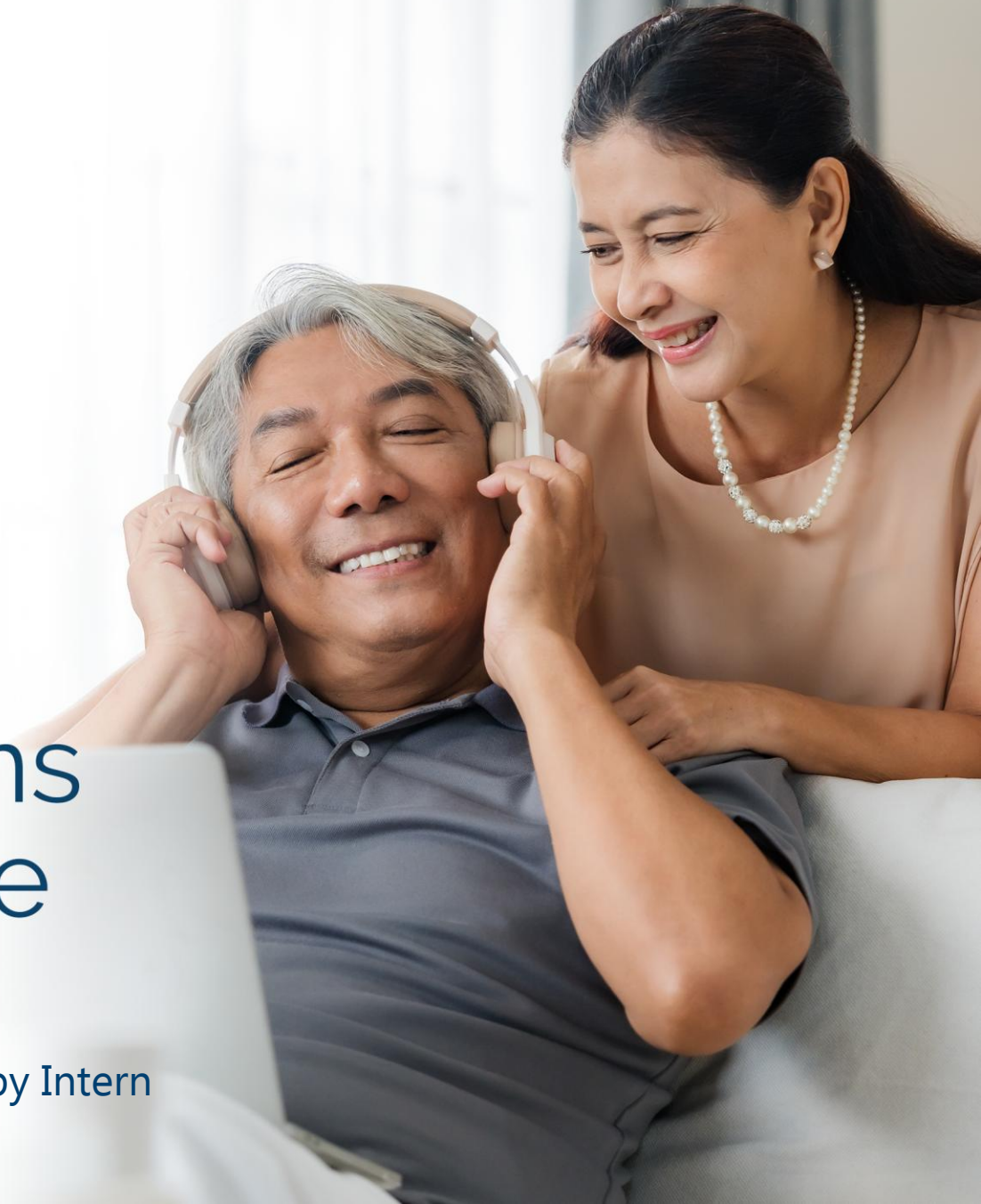


Music for Wellness:

Ideas and Considerations for Using Music at Home

Presented by:

Mason Gibson, MTA, MMT & Matthew Hinojosa, Music Therapy Intern



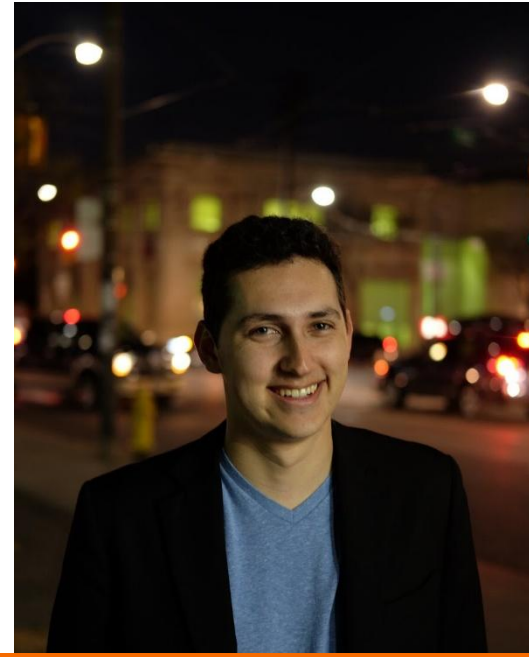
Agenda

1. Introduction
2. What is Music Therapy?
3. Why and how is Music beneficial?
4. Music Therapy at Acclaim Health
5. Ideas for Home
6. Questions

Who Are We?



Mason Gibson (she/her)
Music Therapist Accredited (MTA)



Matthew Hinojosa
Music Therapy Intern

Before We Dive In...



How would you describe your relationship with music? When do you listen to music?



What are some musicians/bands that are meaningful to you?



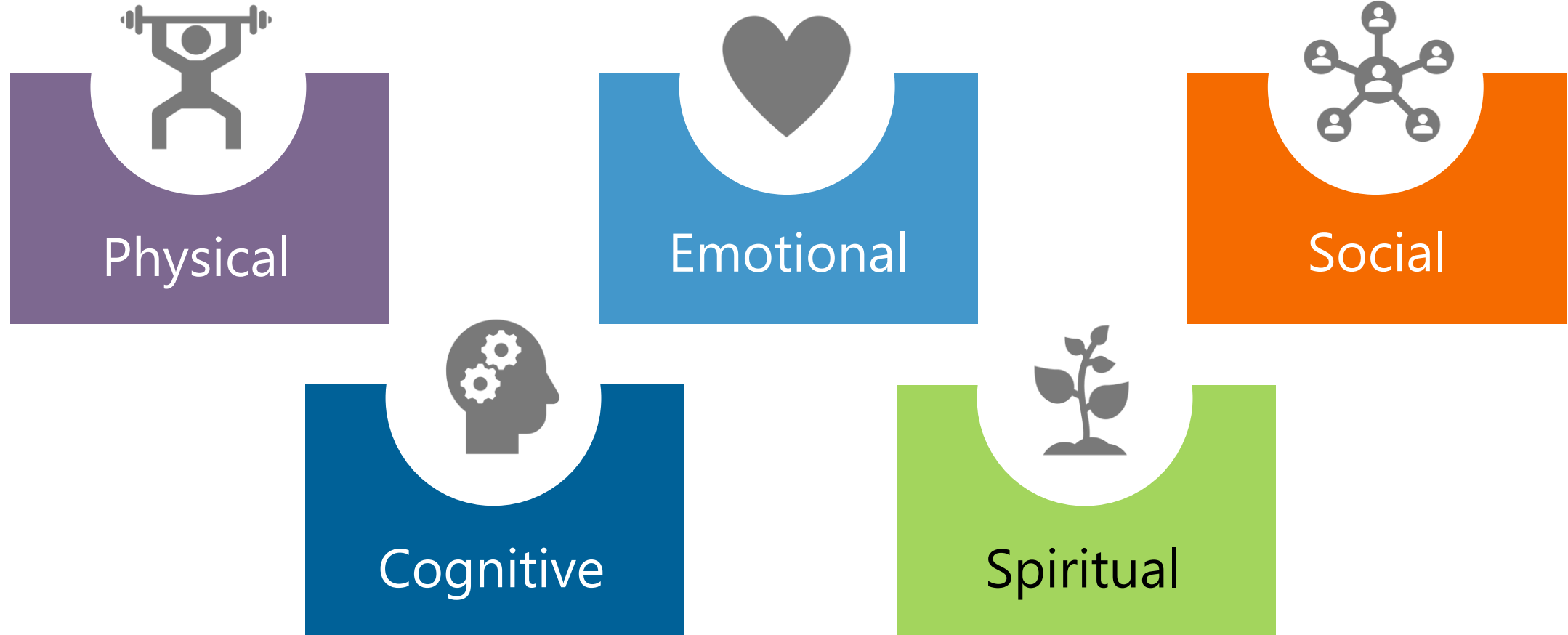
How has music impacted your wellbeing?

What is Music Therapy

“Music therapy is a discipline in which Certified Music Therapists (MTAs) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.”

- Canadian Association of Music Therapists
September 2020

Domains of Wellness



Physical

- Our bodies naturally want to move to music
- Rhythmic Entrainment
 - Movement, breathing
- Gate Control Theory of Pain



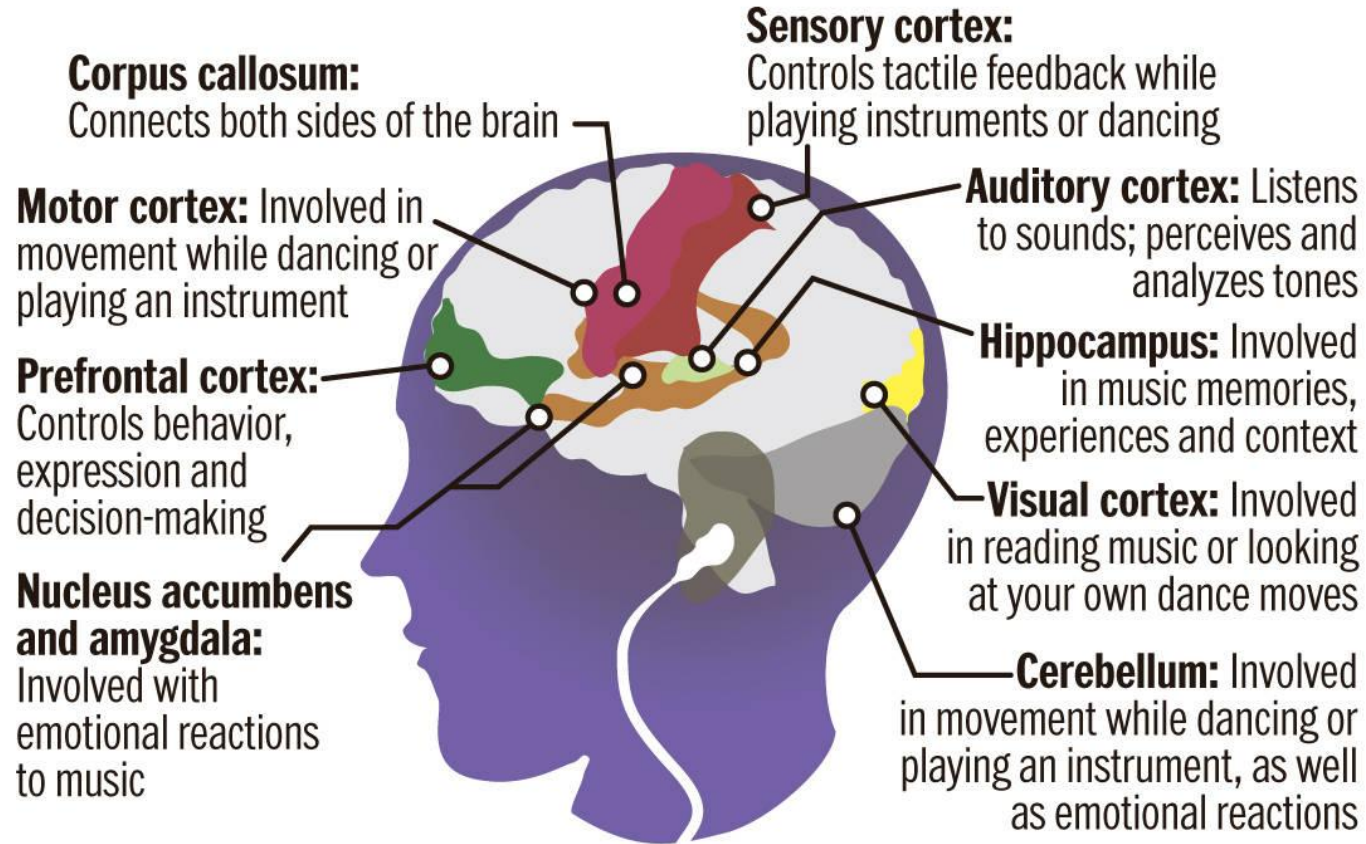
Cognitive

- Strong evidence that music supports with creating new neuro pathways
- Music can reach all areas of the brain
- Supports with cognitive stimulation



Cognitive

Music and the brain *Playing and listening to music works several areas of the brain*



SOURCE: Music for Young Children

DESERET NEWS GRAPHIC

Emotional

- Music can shift our moods
- Music is often connected to our memories
- Can support with processing difficult emotions



Social

- Creating music through shared experiences
- Opportunities for non-verbal expression
- Music naturally occurs in social context across many cultures



Spiritual

- Increasing quality of life
- Giving an individual a sense of purpose
- A source of joy and meaning



Potential Goals in Music Therapy



Allow for emotional and creative expression



Increase relaxation



Increase gentle physical movement to music



Allow for cognitive stimulation



Allow for reminiscence and life review

Experiences in Music Therapy

- Songwriting (original and re-writing lyrics)
- Lyric Analysis
- Playing Instruments
- Singing
- Guided relaxation or breathing

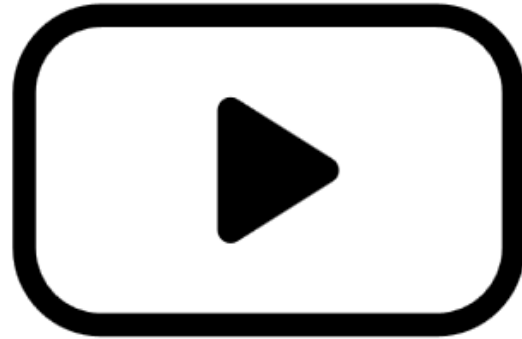


Music Therapy at Acclaim Health: Day Programs

- Music Therapy Groups offered across all four of our day programs
- Some individual sessions available as well



Music Therapy at Acclaim Health



https://www.youtube.com/watch?v=nq2_Uyln3OY

Music Therapy at Acclaim Health: Community Support Services

- Community based music therapy sessions
- Sessions are conducted with the client in their homes/place of residence/virtual
- Similar to the day program music therapy program, sessions are curated for one on one
- Client Focused:
 - Music preference
 - Instrument Preference
 - Client specific goals

Experiences

- Songwriting
- Instrument playing
- Singing
- Music and movement
- Receptive listening
- And more!



TIPS AND CONSIDERATIONS FOR USING MUSIC AT HOME

Consider Your Equipment

Access to devices that play music

- CD player, Bluetooth speaker, Record Player, MP3/iPod

Headphones

- Use with discretion, especially with volume

Instrument access

- Shakers, drums, guitar, ukulele, piano
- Making repairs if necessary

Consider Your Sound Environment



Being mindful of sound levels i.e. with headphones or stereo



Being mindful of volume if you live with other people



Take note of any background noises in your home

Playlists

Making playlists that are intentional:

- Familiar songs
- Calming/relaxing
- Themed

Spotify and YouTube Music

- Platforms to easily curate and add a wide selection of songs to!

Other media

- CDs
- Records

Playing Instruments

If you are already a musician:

- Returning to songs/music on your instrument that you are familiar with
- Gradually adding new songs/music
- Playing your instrument and sing without judgment!



Music for Reminiscence

What do you like about this song?

Lyrics,
instruments

What do you think of when you hear this song?

People,
Places,
memories

What phrase or lyric is your favourite?

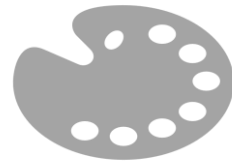
Print out lyrics to look at

Playlists



For relaxation and stress relief

- Extension of the music



Engaging in art activities stimulated by curated music selections

- Mandala colouring
- Painting



Art programs at the day care programs

- Music is often incorporated during the creation of art

Community

- Opportunities for music making in the local community
 - Choir
 - Non-auditioned band programs for instrumentalists
 - Music social
- Bereavement Choir
 - Starting in the fall at Acclaim



QUESTIONS?



Contact Information

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Thank You!



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