Music Therapy Across the Life Span

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Music From Birth...
And Throughout Life ...
Music Therapy
Clinical Work

- Long Term Care 1987-1998 with a focus on Dementia, End of Life Issues, Stroke Rehab, Family Support and Coping with Caregiver Stress
- Worked as part of an interdisciplinary team: medical, psychosocial, recreational, nursing, direct care, speech and physical rehab
- Have continued clinical work through engagement with BAI: Making Music, Making Memories
Music Therapy

In the News

- Gabrielle Giffords- Used music therapy as part of her rehabilitation for speech and for movement

- Veterans in Phoenix- Guitars for Vets Program [https://asunews.asu.edu/business_culture_affairs](https://asunews.asu.edu/business_culture_affairs)

- [www.myfoxphoenix.com/story/22119821/2013/04/30/guitars-for-vets](http://www.myfoxphoenix.com/story/22119821/2013/04/30/guitars-for-vets)

Music Therapists
Don’t Give Up

- Ted Talk by Tim Ringgold

- Music Therapists often work with people who are facing the most difficult challenges
- Music Therapy requires patience and tenacity
I won’t give up on us
Even if the skies get rough
I’m giving you all my love
I’m still looking up
A-E-C#m-B (G-D-Bm-A)
Performed by Scott Tonkinson
Music Therapy Strategies
Early Stage AD&R

- Learn about individual
  - Social History - work, personal, etc.
- Learn the songs and music
- Build a relationship with caregivers
- Assess abilities and needs
Music Therapy Strategies
Awareness and Reminiscing

- Music Supports Reality Orientation and Reminiscing
  - Seasonal music
  - Intergenerational groups
  - Associations to music from earlier life
  - Moment-to-moment “How are you today?”
  - Oh What a Beautiful Morning!
  - Singing in the Rain
  - It’s too Darn Hot
Music Therapy Strategies
Symptom Management

Agitation
- Use music to calm
- Familiar music helps to provide sense of security
- Physical movement to music helps to release tension
- Seat people who get along near each other
Music Therapy Strategies
Adapting for Independence

- Maintaining Musical Independence
  - Adapt the music experience by offering large print song sheets, turning pages, helping with instrument play
  - Take out music books or recordings and encourage participation
  - Praise and encourage
Making Music, Making Memories
ASU and Banner Community
Music Therapy Strategies

Emotional Coping

- Counter depression with opportunities to express sad feelings, support them, then improve mood with up tempo music
- Dancing, movement, singing and instrument play increase mobility and O2
- Social engagement through mutual interest pursuits reduces isolation
Music Therapy Strategies
Support Group

- Include caregivers in group music
- Keep group homogeneous as much as possible
- Facilitate so that each person has a chance to share—allow for the “solo voice” within the group
- Group singing provides unity and support
Music Therapy Strategies
Building Community

- Celebrate life events and memories
- Performance
- Drum Circles-not too large or too loud
- Create and sing simple chants
- Songwriting and song parody
- Faith and Spiritual Support
Music Therapy Strategies Mid and Late Stages

- Life Review with associated music
  - Helps to cope with loss and “tell story”

- Use music to energize the lethargic person—more daytime activity improves regular sleep

- Caregiver singing familiar songs helps—the sound of caregivers voice comforts

- Receptive music and physical contact important
Music Therapy Research


- OBJECTIVE: To demonstrate the feasibility and to evaluate the impact of music therapy on anxiety and depression at the early to moderate stage of Alzheimer's disease and on the main caregiver burden.

- DISCUSSION/CONCLUSION: This preliminary study demonstrates the feasibility as well as the initial efficacy of music therapy in terms of its impact on the overall care for patients suffering from Alzheimer's disease. This easily applicable technique can be useful in treating anxiety and depression in a patient with Alzheimer's disease and also in relieving the emotional and physical burden experienced by the main caregiver.
Music Therapy Research


Connecting Through Music with People with Dementia: A Guide for Caregivers

Changing Hands Bookstore
6428 South McClintock Dr
Tempe  480-730-0205
Changinghands.com

Jessica Kingsley Press
JKP.com

Amazon.com
Also Available in Kindle!
Well it’s gonna be Smooth Sailing

For the rest of the day, Yes it’s gonna be

Smooth Sailing, Baby we’re on our way! (REPEAT)

Maybe we don’t know just where we’re going

Maybe we’ve forgotten where we’ve been…

One things for sure, I know we’ll have a good time

When we get together again! (To the TOP)
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