

# Music Therapy Across the Life Span

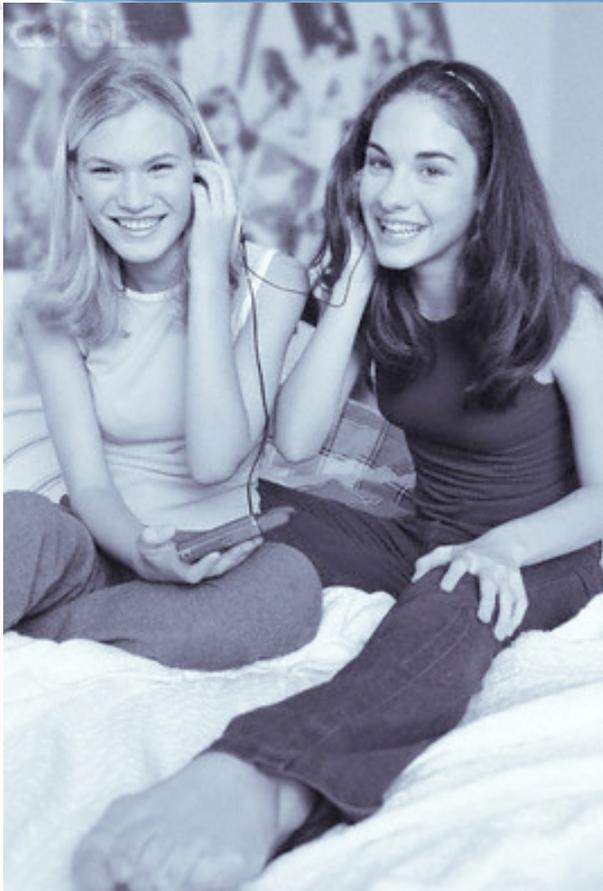
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Associate Professor of Music Therapy  
Director, ASU Music Therapy Clinic  
Arizona State University



# 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 Therapy Licensure- Robin with Phyllis <http://azmta.org/tag/impact-of-music-therapy/>

# Music Therapists Don't Give Up

- ◆ Ted Talk by Tim Ringgold
- ◆ <http://tedxtalks.ted.com/video/When-Meds-Fail-A-Case-for-Music>
- ◆ 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

## Jason Mraz

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

- ◆ Guetin S, Portet F, Picot MC, Defez C, Pose C, Blayac JP, Touchon J. [Impact of music therapy on anxiety and depression for patients with Alzheimer's disease and on the burden felt by the main caregiver (feasibility study).] *L'Encéphale* 2009 Feb;35(1):57-65. Epub 2008 Feb 20.
- ◆ **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.

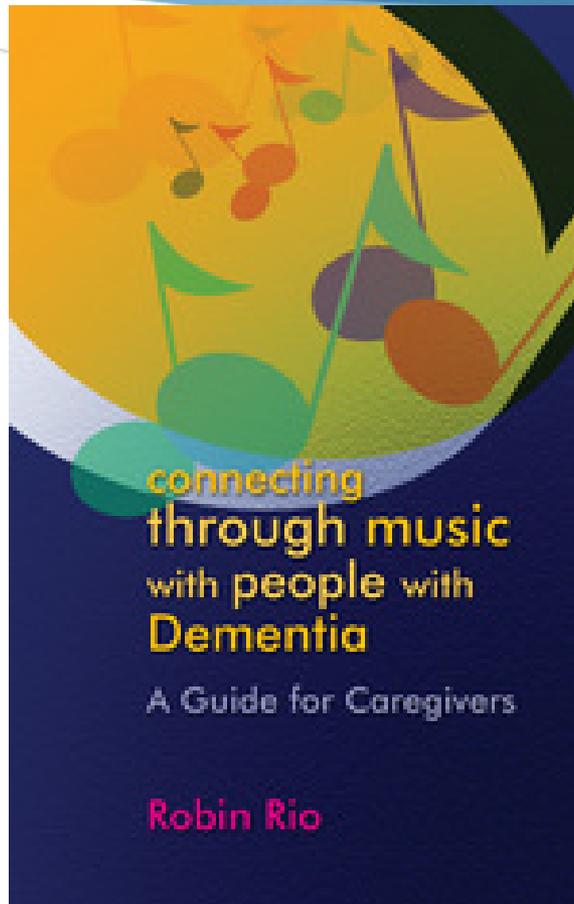
# Music Therapy Research

- ◆ Ashida, S. (2000). The effect of reminiscence music therapy sessions on changes in depressive symptoms in elderly persons with dementia. *Journal of Music Therapy*. 37 (3) 170-182.
- ◆ Cadrin, M. L. (2006). Music therapy legacy work in palliative care: Creating meaning at end of life. *Canadian Journal of Music Therapy*, XII (1)109-137.
- ◆ Cevasco, A. (2010). Effects of the therapist's nonverbal behavior on participation and affect of individuals with Alzheimer's Disease during group music therapy sessions. *The Journal of Music Therapy*. 47 (3) 282-299.

# Music Therapy Research

- ◆ Geutin, S., Charras, K., Bernard, A., Arbus, C., Berthelon, F., Blanc, F., Blayac, J., Bonte, F., Bouceffa, J., Clement, S., Ducourneau, G., Gzil, F., Laeng, N., Lecourt, E., Ledoux, S., Plate, H., Thomas-Anterion, C., Touchon, J., Vrait, F., Leger, J. (2012) An overview of the use of music therapy in the context of Alzheimer's disease: A report of a French expert group. *Dementia*. 0 (0) 1-16.
- ◆ Grocke, D., Ip-Winfield, V. (2011). Group music therapy methods in cross-cultural aged care practice in Australia. *The Australian Journal of Music Therapy*. 22: 59-78.
- ◆ Hanser, S., Butterfield-Whitcomb, J., Kawata, M., Collins, B. (2011). Home-based music strategies with individuals who have dementia and their family caregivers. *Journal of Music Therapy*. 48(1) 2-27.

# 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

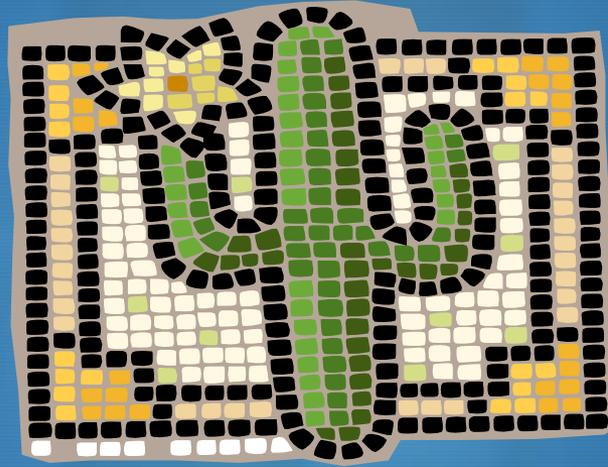
Amazon.com  
Also Available in Kindle!

# Connecting Through Music

## Smooth Sailing

- ◆ 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 thing for sure, I know we'll have a good time
- ◆ When we get together again! (To the TOP)

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