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| Singing for Health & Happiness  Benefits of Music for Older Adults |  | Presented by: Kathy Quain, MME, MT-BC, Founder & Director of Music for Therapy Website: www.MusicForTherapy.com  E-Mail: MusicForTherapy@Live.com E-Mail: Kathy@MusicForTherapy.com  Phone: (415) 299 - 4767 |
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| Research Highlights Through peer-reviewed journals inside the music therapy profession such as the Journal of Music Therapy and extensive articles in journals outside the profession, the American Music Therapy Association (AMTA) has promoted much research exploring the benefits of music therapy for persons with Alzheimer's Disease. Here are the research highlights:  • Music therapy reduces depression among older adults.  • Music experiences can be structured to enhance social/emotional  skills, to assist in recall and language skills and to decrease problem  behaviors.  • Music tasks can be used to assess cognitive ability in people with  Alzheimer’s Disease.  • Music is effective in decreasing the frequency of agitated and  aggressive behaviors for individuals diagnosed with Alzheimer’s  Disease and related dementias.  • Individuals in the late stages of dementia respond to and interact with music. Selected Reference (visit the AMTA website at MusicTherapy.org) Brotons, M. & Kroger, S.M. (2000). The impact of music therapy on language functioning in dementia. *Journal of Music Therapy*, 37(3), 183-95.  Cevasco, A.M. & Grant, R.E. (2003). Comparison of different methods for eliciting exercise- to-music for clients with Alzheimer's Disease. *Journal of Music Therapy* 40(1), 41-56.  Clair, A.A. (1996). The effect of singing on alert responses in persons with late stage dementia. *Journal of Music Therapy*, 33(4), 234-247. Research at UCSF In 2013, The University of California San Francisco launched a research project to study whether group singing can provide tangible health advantages to older adults.  Preliminary studies have shown that group singing, and music in general, promotes better moods, combats loneliness, and improves memory. |  | What is Music Therapy As defined by AMTA Music Therapy is the clinical and evidence-based use of music interventions to accomplish individual goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy training program. Websites/Resources Music For Therapy serving the Bay Area:  [www.MusicForTherapy.com](http://www.MusicForTherapy.com)  American Music Therapy Association:  [www.MusicTherapy.org](http://www.MusicforPeople.org)  Health Rhythms:  [www.Remo.com/Health](http://www.Remo.com/Health) For More Information Contact Kathy Quain for more information about Music Therapy Services at [Kathy@MusicForTherapy.com](mailto:Kathy@MusicForTherapy.com)  (415) 299 4767 |