

Clinical Practice & Treatment Activities  
Inspirations from 25<sup>th</sup> IPA, Osaka

Music Therapy in Elderly Care

Jennis Ho  
Service Manager ( Elderly Services )  
Yan Chai Hospital Social Services Department

1

Music can....

- Express human emotions and ideas
- Bring out information
- Stimulate feelings
- Provide order and structure
- Create the atmosphere

2

Music Therapy Goals

- Increase participation, social interaction or alert responses
- Reduce agitation behaviors
- Reduce depressive symptoms
- Facilitate communication and self-expression
- Improve speech content and fluency
- Improve self-image and sense of belongings
- Maintain / Improve physical functioning

3

Music Therapy Techniques

- Listening to music
- Singing
- Playing instruments
- Dancing / Moving to music
- Performing in choir / band
- Song writing
- Reminiscing
- Life review

4

## Application of Music Therapy

- For Dementia Care
  - As a medium for communication
  - Appreciation of songs, singing, rhythm playing, touching of instruments
  - Act as positive reinforcement, initiation of touch, stimulus to evoke cognitive activities, speech, self-expressions, sensory stimulation and motor integration
  - Stimulate reminiscence and a feeling of identity

5

## Application of Music Therapy

- For Parkinson Elders
  - As an agent to evoke response e.g. enact a specific physiological movement
  - Use of stimulating rhythm beat
  - Make fun, eliminate treatment anxiety, depression and boredom
  - On-going assessment on motor systems and revision of care plan

6

## Application of Music Therapy

- Integrate music in service
  - Use of music in caring tasks
    - Increase cooperation of elderly e.g. bathing
  - Create a non-threatening environment
    - Reduce tension and agitated behaviors
  - Facilitate communications
    - Build up relationships between elderly and caregiver

7

## Implications and Insights

- Music activity and Music therapy
  - Music not only contribute entertainment and performance, but it can be practiced for needs assessment, formulation of care plan with regular evaluation and documentation of treatment outcomes

8

## Implications and Insights

### ■ Music in Elderly Care Service

- Design and implement music therapy care plans to address elderly's social, emotional, mental, communication and / or physical needs
- Integrate music into service operations, make music as an agent for communication, cooperation and happiness
- Further study on the effects of music therapy on cognitive and physiological improvement, treatment outcomes for Parkinson, dementia and /or mood problem.

9

## Implications and Insights

### ■ Music Therapy in Chinese culture

- Further study on therapeutic effect on Chinese music
- Explore which types of music may cause agitation and outbursts, relaxed and peaceful; what can retrieve memories and gaits.
- Develop music therapy techniques in local context

10

Thank you

11