

## What Patients and Caregivers Say About Music Therapy...

*"Thank you for making Mom's last moments one of music and peace."*

*The music therapy services are "Absolutely Wonderful" and "Excellent", our family was very satisfied.*

*"Your participation in her funeral service brings great joy and peace to our hearts."*

### One lady commented on an Annual Memorial Service:

*"...was a deeply moving experience..."*

*"...the musical postlude 'My Wish For You' was so special to me..."*



BLUE RIDGE  
*Hospice*  
333 West Cork Street, #405  
Winchester, Virginia 22601



# Music Therapy



BLUE RIDGE  
*Hospice*  
*Brightening Life's Journey*





## What Is Music Therapy?

### *Music Therapy is:*

Using the music each patient prefers to work on their non-musical needs such as physical, social, emotional, and spiritual.

### *Some of the Basic Goals...*

- Decrease Agitation
- Decrease Anxiety
- Compliment Pain Interventions
- Address Communication Needs
- Increase Quality of Life
- Facilitate Grieving
- Assist with Funeral Planning
- Improve Coping with Changes
- Decrease Nausea/Vomiting
- Address Depression
- Decrease Shortness of Breath
- Decrease Isolation/Loneliness
- Address Spiritual Needs

### *The Basic Interventions...*

- Music imagery/relaxation
- Life Review through music
- Music Listening, Live/Recorded
- Songwriting
- Singing
- Playing Instruments
- Create a Musical Timeline

### *Music Therapists Are...*

- Professional and Board Certified, obtaining at least a Bachelor's Degree in Music Therapy, or have the equivalent to a Certificate of Music Therapy.
- An integral part of the Hospice Interdisciplinary Team (*Nurses, Social Workers, Certified Nurses Aides, Chaplains, Bereavement Counselors and Volunteers*) to develop and provide the best care possible for each patient.

### *So Just How Is Music Used?*

Depending upon what the patient desires, Music Therapists provide:

- Live Music: Singing, Guitar, Keyboard, Harpsichord, Q Chord, Drums, Percussion, and an array of other instruments.
- Recorded Music: Listen to patients' favorite recordings, on CD or tape.

### *Music Therapists Bring...*

- The Instruments
- Sheet Music/Chord Charts of Songs
- Recorded Music if the patient does not possess it
- CD Player

### *Other Opportunities Offered Through Blue Ridge Hospice:*

- Patients are able to borrow a CD Boombox or a personal CD player, and CD's from the Music Therapy Music Library.



### *Just Some of the Benefits...*

#### **For Patients:**

- Work with them on any of the basic goals
- Provide a fun, enjoyable atmosphere for the patient
- Provide an interactive environment for the patient to express needs/desires that the Music Therapist can address
- Provide an environment for the patient to control
- Potential to tap into patients' deeper feelings that music can bring awareness to and support

#### **For Family/Caregivers:**

- Validation, Emotional Support
- Music Therapists provide music for funeral services, providing support for family and friends
- Music Therapists provide music for the Annual Memorial Services, providing an opportunity for healing.

#### **For Blue Ridge Hospice Staff:**

- During routine care, music can help calm and occupy patients, allowing for the staff's job to be completed more efficiently.
- Helps educate the staff in seeing another perspective of holistic care essential to the patient.

### *Resources:*

#### **American Music Therapy Association:**

[www.musictherapy.org](http://www.musictherapy.org)  
(301) 589-3300

#### **Blue Ridge Hospice:**

[www.blueridgehospice.org](http://www.blueridgehospice.org)  
(540) 536-5210  
(800) 238-5678