

Music Therapy & Aging: A Continuum of Care

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Music & Health

- Connection between music and health goes back to the beginning of time
- This is evident in biblical scriptures and historical writings of ancient civilizations such as Egypt, China, India, Greece and Rome.
 - The Greeks understood sickness to be both psychic and physical. To heal the psyche, worshippers listened to music
 - Greek philosophers such as Pythagoras made observations on Egyptian religious ceremonies utilizing music and developed theories of potential usage of music for healing purposes.
 - The Inkas and their predecessors used music to communicate with the ancestors, heal the sick, and bury the dead. Music followed them in war and pilgrimages, perhaps providing them with supernatural power.

Music & Health

- **Found in every known culture music can**
 - Soothe fretful infants
 - Elicit joyful dancing and play,
 - Express social consciousness, religious faith, and grief
- **Being engaged in music has significant health benefits across the lifespan**
 - Ameliorate pain
 - Decrease anxiety
 - Improve mood and immune function
 - Improve or maintain cognitive function
 - Provide opportunity for meaningful social interaction

Music & Health

- A multitude of music practitioners
 - Recreational musicians (Volunteers who lead sing-a-longs, drum circle facilitators)
 - Music Practitioners
 - Harp Therapists
 - Music Healers
 - Sound Healers
 - Clinical Musicians
 - Music Thanatologists

Music Therapy

The use of music and music experiences within the context of a therapeutic relationship to address the physical, mental, emotional, social, communicative, and spiritual needs of older adults in an integrated fashion.

Music & Health

- Neuropsychologist Daniel Levitin offers this clarification
 - *“I’ve tended to use the word music intervention as a term more broadly to talk about musical interactions that aren’t necessarily music therapy. Just to clarify, music therapy is the evidence-based use of music in clinical situations that help people reach desired health outcomes. And it is normally practiced by a person with special training and credentialing.”* (Episode 11 of the podcast series titled, “Music and Your Health”)

Music Therapy

- Requires a minimum of a bachelor's degree in music therapy
- 200 hours of pre-internship experience in a variety of clinical, educational, and community settings
- 1000 hour full-time internship
- Pass the national certification exam
- Re-certify every 5 years by completing 100 hours of continuing education
- Hold the credential "MT-BC"

Music Therapy

- Music therapists
 - Assess each individual and develop an individualized treatment to address clinical needs
 - Actively create, apply, and manipulate various music elements to address the physical, mental, emotional, social, communicative, and spiritual needs
 - Use live and/or recorded, pre-composed and/or improvised instrumental and/or vocal music to help promote health and achieve functional outcomes

Music & Older Adults

Using Music for Cognitive Stimulation, Social Interaction & Elevation of Mood

Characteristics

- People who are healthy and active,
- Involved in social and leisure activities,
- Often employed or engaged in volunteer work,
- Still carrying out family responsibilities,
- Fully engaged in the life of the community

Music Programming

- Vocal/instrumental ensembles
- Vocal/instrumental instruction
- Intergenerational music programs
- Spontaneous creative group experiences
- Reminiscence
- Motivation/accompaniment for exercise
- Relaxation

Benefits of Music

- Research suggests that participating in music activities
 - Has a positive impact on quality of life,
 - Preserves cognitive functioning
 - May prevent depressed mood
 - May decrease anxiety
 - Provides opportunities for socialization

Music Therapy & Older Adults

Clinical Applications

- Music therapy can address a multitude of concerns across all health domains
 - Motor
 - Cognitive
 - Communication
 - Social
 - Emotional
 - Spiritual
 - Behavioral

Music Therapy

- Music therapy may be an effective non-pharmacological treatment for
 - Pain
 - Sleep
 - Depression
 - Anxiety
 - Grief

Why Music?

- Music is a complex art form
- It can address the physical, cognitive, emotional, and spiritual dimensions of health concerns
- Music can serve as an energizer or sedative
- Music, as a universal phenomenon, is a part of every culture

Music Therapy, & Rehabilitation

Music Therapy & Rehabilitation

- Parkinson's disease
- Stroke
- TBI
- Spinal Cord Injury
- Joint Replacement

Music Therapy

- All music experiences are specifically designed after a careful assessment
- Treatment plans are developed identifying areas of concerns, music therapy methods, patient objectives, and criteria
- Work in an integrated manner addressing multiple domains of health

Why Music?

- Motor Rehabilitation
 - Provides temporal, spatial, and force cues for movement
 - Facilitates relaxation
 - Can have a positive impact on mood
 - Sing “song” mentally while walking can improve gait
 - Both familiar and improvised music can be used

Why Music?

- Communication
 - Music parallels speech
 - Timbre
 - Structure
 - Tempo
 - Stress/emphasis
 - Pauses
 - Repetition
 - Predictable lyrics useful for word retrieval
 - Stimulate memory retrieval
 - Promotes imagery
 - Improves breath support

Why Music?

- Cognitive
 - Stimulate memory and recall
 - Useful as a mnemonic device
 - Executive functioning

And the Research Says...

- Participation in music therapy has led to significant improvements across all health domains including
 - Motor skills and movement
 - Improvement in bradykinesia
 - Improvement in balance and flexibility
 - Speech and communication skills
 - Rate, inflection, and intensity
 - Improved phonation length
 - Improvement in intelligibility
 - Emotional well-being
 - Improved mood
 - Decreased anxiety
 - Quality of life

Music Therapy
♀
Memory Care

Why Music?

- Participation in music activities or experiences
 - Usually leads to positive outcomes
 - Improves quality of life
 - May restore “lost personality”
- Alternative cognitive, memory and neural mechanisms may used to process and respond to auditory stimuli
- Familiar songs may help to regain access to memories that have been “lost”

Why Music Therapy

- Deliberate and purposeful use of music experiences to
 - Develop, strengthen, and/or help maintain skills and abilities
 - Enhance quality of life
 - Work through emotional and spiritual issues that may arise in a way that bypasses cognitive abilities
- Understand the indications and contra-indications for the use of music

Why Music Therapy?

- Offers opportunities
 - To make choices
 - To engage in meaningful social interaction
 - To work through emotional issues such as grief and lose
 - To explore thoughts and feelings related to the progressive nature of the disease process
 - To engage with loved ones in a meaningful way
 - For improved quality of life

Early Stage

- **Characteristics**

- Musical ability may still be intact
- Depression is common
- Obsessive behaviors may appear
- Memory lapses starting to emerge

- **Goals**

- Work through feelings of sadness, anticipatory grieving
- Respite from depression
- Stress/anxiety reduction
- Maintenance of cognitive, motor, and communication skills

Middle Stage

- **Characteristics**

- Musical ability may start to decline
- Familiar music may trigger memories
- Increases in agitation, wandering & sundowning

- **Goals**

- Stress/anxiety reduction
- Maintenance of cognitive, motor, and communication skills
- Provide opportunities for social interaction
- Expression of feelings that can no longer be verbalized

Late Stage

- **Music listening is still accessible**

- Live, familiar music
- Must be alert for small changes in facial expression or tension
- More obvious responses, such as changes in activity or movement

- **Goals**

- Sensory stimulation
- Increased awareness of self & others
- Increased interaction with others
- Increased opportunities for creative self-expression & non-verbal communication

And The Research Says...

- Participation in music therapy leads to the following outcomes...
 - Increased
 - Upper/lower extremity strength, mobility, balance, gait speed & ROM
 - Increased social interaction
 - Relaxation & stress reduction
 - Cognitive stimulation
 - Improvement in
 - ST memory, cognitive abilities, reality orientation
 - Verbal skills
 - Personal hygiene
 - Self-esteem
 - Motor skills

And The Research Says...

- Participation in music therapy leads to the following outcomes...
 - Enhanced
 - Reminiscence
 - Quality of life
 - Decrease in
 - Maladaptive behaviors
 - Wandering
 - Agitation

General Principles

- Music experiences must
 - Have meaning for the individual
 - Be suited to the individual's needs & functional levels
 - Be adaptable so they are responsive to the needs of the individual at any given moment

Contraindications

- Large group sing-a-longs or performances can
 - Increase agitation and confusion
 - Lead to increase disorientation

It is important to constantly monitor individuals with AD and related dementia watching for signs of increased agitation, confusion and disorientation.

iPods vs. Music Therapy

Ipods

- Services that will give iPods to residents in long term care
- Pre-programmed music
- “Individualized playlists”
- An important adjunct to music therapy services

iPods

Advantages	Disadvantages
Individuals can hear chosen music at any time	Social isolation
	Difficulty hearing when others are speaking
	Hearing damage
	Increased agitation if individual does not remember how to remove the device
	Used as a substitute for more appropriate therapeutic programming

Questions

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