



# Music Therapy and Individuals with Dementia

For many of us, music is very powerful, evoking emotions that often link with a memory. Whether on the radio in your car or at the store, hearing a certain tune offers an opportunity to share and connect with others around you. What does it bring to mind? How does this song make you feel? Like putting the top down or cutting a rug? We use the power of music to learn, remember and enjoy our time together. From composing songs together and learning about new music, to studying the history of instruments such as the Celtic harp and the hurdy-gurdy, Better Day Club members bring their expertise, interests, talents and fun to Friday afternoons.

*“Music is processed in all areas of the brain and thus has the ability to access and stimulate areas of the*



*brain that may not be accessible through other means...”*

**MUSIC THERAPY** is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship. Music therapists are credentialed professionals who have completed an approved music therapy program. Research in music therapy supports its effectiveness in a wide variety of healthcare and educational settings.

## Music therapy can help...

- Individuals express their feelings without using words
- Begin to relate and communicate again
- Rediscover skills
- Cope with physical, emotional, and spiritual issues

“Music has power—especially for individuals with Alzheimer’s disease and related dementias. And it can spark compelling outcomes.... When used appropriately, music can shift mood, manage stress..., stimulate positive interactions, facilitate cognitive function, and coordinate motor movements.”

## Music therapy interventions can be designed to:

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Feelings
- Enhance Memory
- Improve Communication
- Promote Physical



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## *Therapeutic services provided by:*

Deb Phelps, MM, MT-Board Certified, RN  
To learn more about Deb’s private practice, please visit  
[www.phelpsmusictherapy.com](http://www.phelpsmusictherapy.com)

## *Additional Resources*

Alzheimer’s Foundation of America, [www.alzfdn.org](http://www.alzfdn.org)  
American Music Therapy Association,  
[www.musictherapy.org](http://www.musictherapy.org)