





**Carewest**  
INNOVATIVE HEALTH CARE

**Music Therapy  
For Seniors**

More than just a  
Sing-Song!

**More than just a Sing-Song!**

- Stimulating
- Engaging
- Active
- Enjoyable!

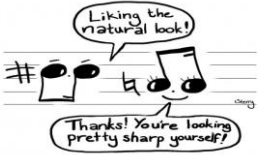

**Make music different and enjoyable!**

- Games
- Make music
- Technology
- Link with other Therapies
- That dreaded Sing-Song




**Games**

- Name That Tune
- Musical Bingo

**Make Music**

- Improvisation
- Drum Circle
- Instrument sounds for the imagination
- Instrument playing combined with songs




**Technology**

- iPod/ MP3/ USB
- Lap Tops
- Tablet with Touch Screen
- CD/DVD Player
- Karaoke




### Link With Other Therapies



- OT/PT
- Speech Therapy
- Recreation Therapy




### That Dreaded Sing-Song

Ways to enhance this activity:

- “Brain Gym”
  - Name That Tune
  - Name something in the tune
  - Fill in the blank

### That Dreaded Sing-Song

- Theme
- Sound effects
- Visual Aides
  - Instruments
  - Pictures
  - Props

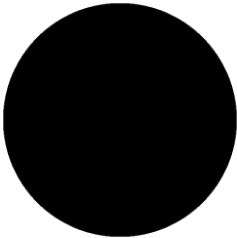




### That Dreaded Sing-Song

- Discussion of the Music
- Lyrics
- Does the music “paint a picture”?




### What Do You See?

### Thinking outside the box!

- Games
- Make music
- Technology
- Link with other Therapies
- That dreaded Sing-Song




## Resources

- Canadian Association of Music Therapy (CAMT) [www.musictherapy.ca](http://www.musictherapy.ca)
- JB Music Therapy [www.jbmusictherapy.com](http://www.jbmusictherapy.com)
- Music Therapy Association of Alberta (MTAA) [www.mtaa.ca](http://www.mtaa.ca)
- [www.musictherapysuite.com](http://www.musictherapysuite.com)
- [www.empiremusic.ca](http://www.empiremusic.ca)