



WHAT SHOULD A RESIDENT EXPECT WHEN PARTICIPATING IN OUR MUSIC PROGRAM

An individual's relationship to music is unique and personal, many people gain value from simply listening, while others sing and play along consistently. If a resident is holding an instrument, please do not approach and begin shaking their hand/arm. Instead, please bring their attention to the instrument and encourage with your words and body language. If they do not play the instrument, that is OK -they are still a part of the musical experience and benefitting from this inclusion.



HOW YOU CAN SUPPORT A SAFE AND POSITIVE THERAPEUTIC EXPERIENCE

Songs may trigger an emotional response that can be expressed with laughter and at times, with tears. Remember that the residents are entitled to privacy and processing these memories and emotions in their own way. Talking is distracting for the residents and takes away from their experience. When an individual is contributing to group discussion or sharing a memory, it is extremely difficult to value their contribution and validate their experience when others are speaking. Please move away from the group to have conversations. Do not stand and hover at the edge of the group. Pull up a chair and quietly join behind the group, or stand away from the groups line of sight. Do not initiate clapping or applause at the end of songs. If care tasks can wait, please hold off until the session has ended or quietly inform the therapist that you need to attend to someone.



MUSIC PROGRAM

GRAYLEN HOWARD MMT, MT-BC, NMT, BOARD CERTIFIED THERAPIST, VICTORIA CONSERVATORY OF MUSIC

Registered Music Therapist

Music Therapy is a therapeutic service -not entertainment. Music Therapy may be facilitated within a group setting or working with an individual. Sessions may involve any combination of singing, playing and improvising on a variety of percussive instruments, song-writing, group discussion, reminiscence, lyric analysis, and active listening and exploration.



Do not remove someone from therapy without discussing it with the therapist