

# music therapy

Music therapy is the evidence-based use of music-based interventions to achieve clinical and therapeutic outcomes. As long as an individual enjoys or is motivated by music, they will make a great candidate for music therapy services!



Minneapolis-St. Paul & the  
Greater Twin Cities



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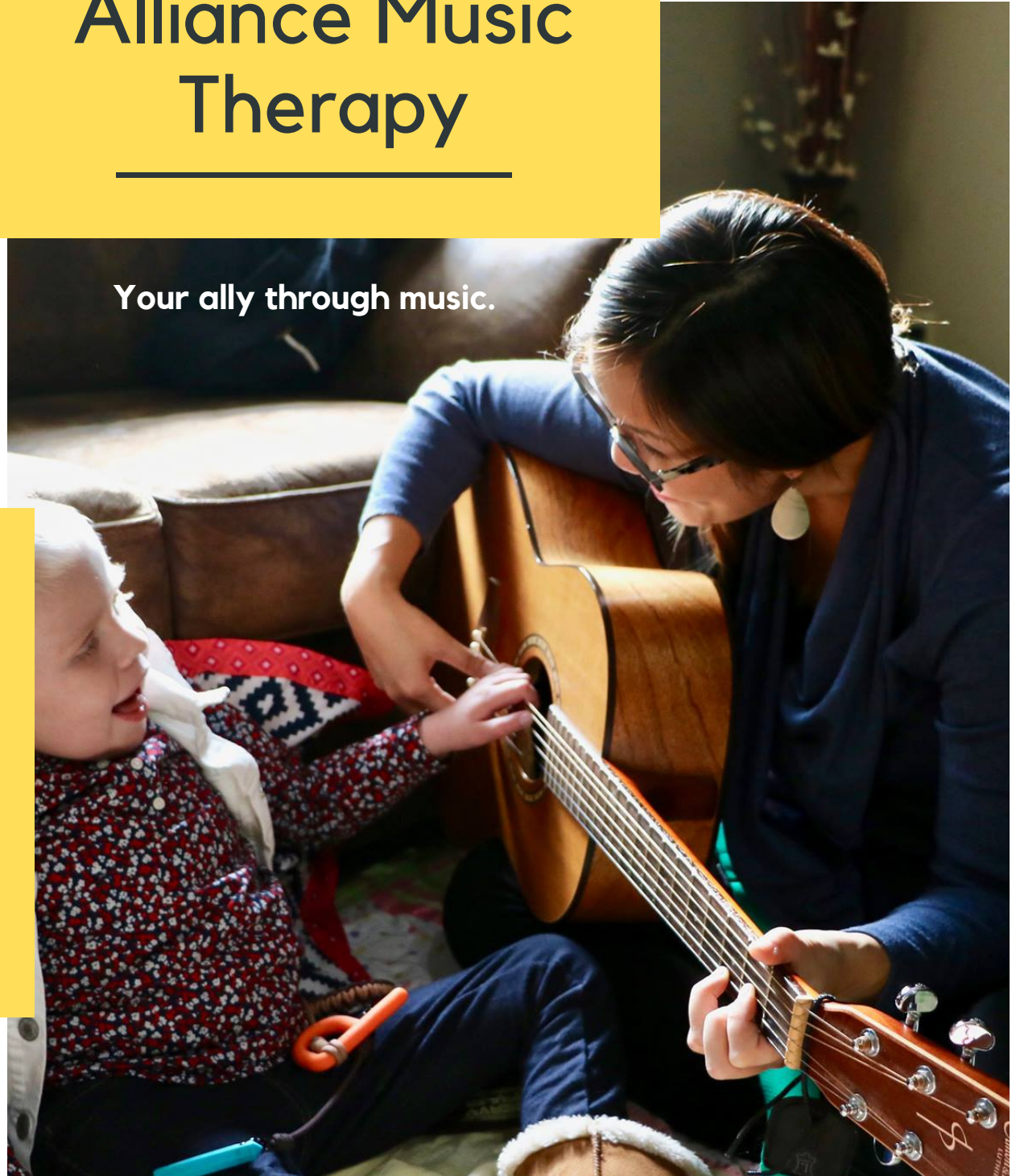


**Alliance Music Therapy**

Your ally through music

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# adult care

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**Music Therapy can improve the overall physical and mental wellbeing of a person** by engaging them to participate in memory recall or social activities, redirecting their attention from experienced pain or discomfort, elevating their mood, or using music as a sensory and intellectual stimulation to help maintain or improve a person's quality of life.

Music therapists work with older adults in both individual and group settings.

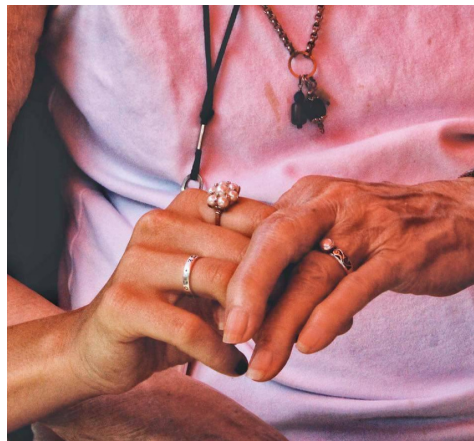
## Candidates for Music Therapy

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- Dementia, Alzheimer's
- Depression
- High risk of isolation
- Additional mental health support

Music Therapy sessions are as unique as the individual and will often look different from person to person.

Music therapists learn the favorite music of the individual they are working with to use during sessions.



Research has found **person-preferred** and **live music** to be the **most effective** in individual engagement and response

Services are offered **in-person** or **remotely** through telehealth

If we are unable to meet the individual in-person or if a facility has restrictions for outside providers, we will set up remote services to best meet with the individual based on the unique circumstances of each home setting.

