

ALLIANCE MUSIC THERAPY

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Your ally through music.



Adult Care

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.

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!



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



Candidates for Music Therapy

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

Inside The Session

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.

Services are offered **remotely** through our secure telehealth server to best meet with the member based on their unique circumstances and to ensure they have access to Music Therapy services across the state of Minnesota.

*Limited in-person services may be available in the Twin Cities due to therapist availability.

Contact

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