

Music Therapy for Aged Care



Music therapy for aged care is a supportive and friendly approach to enhance the quality of life for the elderly who are experiencing deterioration with their physical and mental health. Music therapy differs from music entertainment as its emphasis is on using music for individualised goals such as emotional, social interaction, communication, physical and mental support rather than just providing pure enjoyment to them. Therapeutic interventions include instrument playing (musical background is not required), singing, movement and interaction, music assisted relaxation, social communication and so on.



www.mmta.org.my



Music Therapy in Malaysia



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Referrals

Referrals for music therapy are based on but not limited to the criteria below:

- ❖ to enhance the quality of life
- ❖ to enhance psychological support
- ❖ to enhance motor skills
- ❖ to improve social interaction and communication skills
- ❖ to enhance self-motivation and self-esteem
- ❖ to increase relaxation; decrease frustration, agitation and anxiety

Music therapy also provides emotional and mental support to the caregiver, improve social interaction between the caregiver and the elderly.

