

# WELCOME TO Music Therapy

Music therapy provided by a registered music therapist improves health outcomes, experiences and quality of life for people and their carers. Evidence shows music therapy improves:

- mental health and wellbeing
- speech, communication and social skills
- body movement, coordination and physical function
- memory, attention and cognitive function
- pain management

Music therapists support people of all ages, abilities and backgrounds.



## What to expect

In your first session we will focus on getting to know each other and exploring what you hope to achieve through music therapy. We'll discuss your interests, goals and what therapy looks like for you. This can be done over the phone if preferred, and is also a good opportunity for you to ask any questions you may have about music therapy.

## Session 2 and 3: Assessment and Exploration

In the following two sessions, the focus will be on assessment and exploring various musical activities. This may include playing a wide range of instruments, singing, songwriting, listening to music, and playing musical games. These activities will help your music therapist understand your preferences, needs and how you engage with music.



## Creating your music therapy plan

After your third session, your music therapist will create therapeutic goals based on your strengths, needs and interests, and document these in a music therapy plan. This plan will be completed by your music therapist outside of your regular session time and then shared with you for feedback and adjustments.

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## Ongoing Music Therapy Sessions

Once your music therapy plan has been decided on and shared, you will then be ready to continue with ongoing music therapy sessions. These will either occur weekly or fortnightly at your home or at one of our clinic locations.



## Check-ins

We'll review your music therapy goals every 6 months to ensure therapy continues to meet your needs, but if needed we can arrange additional reviews at any time, in consultation with you.

## Non Face-to-Face Services

Your music therapist will spend time completing clinical notes after each session, and may also liaise with your stakeholders if required. We may suggest creating resources for use at home but we will always discuss this with you prior. We can also provide end of plan reports to support NDIS reviews and change of circumstances.



**My Therapy Crew**