

AUDABILITY

Music Therapy for People with Parkinson's
and their Care Partners

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TAKE A DEEP BREATH

LET'S GET MOVING

RHYTHM ONE

Clap

Snap - Snap

Clap

Snap - Snap

RHYTHM TWO

Pat - Pat

Clap

Pat - Pat

Clap

LET'S PUT IT TOGETHER!

Clap

Snap – Snap

Clap

Snap – Snap

Pat – Pat

Clap

Pat – Pat

Clap

I sing: Fanga alafia

You sing: Ashe ashe

I sing: Fanga alafia

You sing: Ashe ashe

I sing: Ashe ashe

You sing: Ashe ashe

We ALL Sing:

Fanga alafia

Ashe ashe

Fanga alafia

Ashe ashe

WHAT IS MUSIC THERAPY?

- The clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program
- Music therapy is an established health profession
- Music therapy is evidenced based

MUSIC THERAPY IS EVIDENCED BASED

- Increased grey matter density
- Dopamine flooding in the brain and releases endorphins and serotonin while decreasing cortisol
- Improvements in pitch duration, vocal loudness, and swallow control
- Improved immune functioning
- Catalyst for neuroplasticity
- Modulates mood, behavior, movement, communication and cognition
- Improve gait and motor movement in PwP

AUDABILITY

- Music therapy program for PwP and Care Partners through MusicWorx, Inc. in San Diego, CA
 - 6 Classes
 - AudAbility Voice
 - Beginning Harmonica
 - Blues Harmonica
 - Mindfulness & Wellness
 - Rhythm Steps
 - Music DeLights
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AUDABILITY RESULTS

- AudAbility Voice
 - 18% increase in decibel level of speaking voice
 - 34% increase in sung pitch duration
- Harmonica
 - 37% increase in sustained pitch blowing through harmonica
 - 47.5% increase in sustained pitch drawing breath in through harmonica
 - Increased quality of life

COME MAKE MUSIC WITH US AND EXPERIENCE THE BENEFITS OF MUSIC THERAPY!

- Mondays (starting January 8, 2018)
 - Mindfulness & Wellness 11am – 11:50am
 - Rhythm Steps 12pm – 12:50pm
- Wednesdays (starting January 10, 2018)
 - Blues Harmonica 10am – 10:50am
 - AudAbility Voice 11am – 12:30pm
 - Music DeLights 1pm – 1:50pm
 - Beginning Harmonica 2pm – 2:50pm