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
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
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