What is Music Therapy?

Music Therapy is a research-based practice that uses music to actively support individuals in enhancing their health, functioning, and overall well-being. Registered Music Therapists are skilled musicians who are trained to understand how music participation impacts behaviour, cognitive processes and emotions

Funding & Rebates

Support at Home Program

"The new Support at Home program will better support older people to remain independent at home. It will bring together current in-home aged care programs, have new classifications, equitable pricing, an increased focus on early interventions, and higher levels of care for people with complex needs." - Australian Government, Department of Health and Aged Care

Contact us

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LOOK WHO'S TALKING

Music Therapy

Supporting Older People

Our Services

Our Music Therapists at Look Who's Talking support residents in Aged Care Facilities and older people living at home.

Services include:

- Individual and Group Music Therapy Sessions in Aged Care Facilities
- Individual and Group Music Therapy in consultation with Speech Pathologists and/or Occupational Therapists
- Individual Music Therapy for older adults living at home

Why Music Therapy?

Music is more than entertainment—it taps into memories, emotions, and movement in ways that words alone cannot. For people in aged care, music therapy can benefit:

- Cognition
- Emotions
- Social Connection
- Communication
- Physical Movement
- Motor Skills

Outcomes

Research demonstrates Music Therapy has many positive benefits for older people and those living with dementia.

Music Therapy can be used as a non-pharmacological intervention that can:

- Decrease agitation and distress behaviours.
- Reduce anxiety, depression, and apathy.
- Increase social interaction.
- Increase motivation for movement and exercise.
- Increase feelings of happiness.
- Improve verbal fluency.
- Improve attitude and mood.

What might support look like?

Group Music Therapy:

- Group singing and instrument playing
- Discussing songs and music from the participants youth
- Movement to music
- Group songwriting
- Music Appreciation

Individual Music Therapy:

- 1:1 singing and instrument playing
- Discussing songs, music, and associated memories from the participants youth
- Movement to music
- Songwriting
- Creating personalised playlists
- Music Appreciation