

## Music therapy can help everyone in the hospital, for example:

- › babies, children, and their families
- › parents during labour and delivery
- › older adults
- › people living with or dying from advanced illness
- › people grieving the loss of a loved one

## For more information, visit:

- Canadian Association of Music Therapy
  - › <https://www.musictherapy.ca>
- Music Heals
  - › <https://musicheals.ca>

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### Looking for more health information?

Find this pamphlet and all our patient resources here:  
<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:  
 Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:  
 Call 211 or visit <http://ns.211.ca>

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# Music Therapy

## Aberdeen Regional Hospital



## What is music therapy?

Music therapy is the use of music and musical elements by a Music Therapist to help with restoring mental, physical, emotional, and spiritual health.

Sessions can be one-on-one or in a group. Each session is tailored to the people in it.

Music therapy can help any patient, of any age, musical skill, severity of illness, ability, or culture.



## What can I expect in a session?

You do not need any musical skill to take part in music therapy. Depending on your needs, sessions may include:

- › music-based discussion
- › playing instruments
- › recording music
- › improvisation
- › sharing songs
- › legacy work (i.e., leaving behind something meaningful for your loved ones (e.g., creating music, painting))



## How can music therapy help?

Music therapy can help by:

- › distracting you during procedures
- › helping you manage pain
- › giving a sense of normalcy
- › helping you cope with your illness or being in the hospital
- › encouraging verbal and non-verbal communication
- › helping you to relax and/or sleep
- › lowering anxiety and stress
- › promoting social interaction and communication
- › supporting patients and family during end-of-life care
- › helping with child development
- › improving quality of life