

Music Therapy for Parkinson's Disease

Music therapy is a research-based profession which uses music to motivate people to improve health, functioning and wellbeing. It supports movement, communication, thinking and mental health.

Music therapy is a fun and engaging form of therapy. It specifically targets neural pathways by selecting certain rhythms, movements, voice and creativity to help people achieve their therapy goals.

What to expect from music therapy

Walking rehabilitation

Registered music therapists (RMTs) can help people improve stride length and balance by using rhythm to cue the body and brain working in time together. Using music can also alleviate anxiety around walking and rehabilitation.

Hand dexterity

Through supported instrument play, a RMT can assist in building strength, control and coordination of fingers, hands and arms to assist with everyday functional movements. Engaging in music based activities can assist with reducing tremors.

Communication

RMTs use rhythm and singing interventions to assist in creating fluent and paced speech. RMTs also use melody to improve inflection in your voice. Therapeutic singing interventions also improve breath control and speech volume.

Emotional wellbeing and adjustment

RMTs can help people work through grief and loss and the adjustment of living with Parkinson's disease.

Songwriting can help people express big or complex emotions. It can be used in a similar way to counselling.



For more information call **1300 13 16 19**,
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