



Telehealth (Video-Based) Music Therapy Options

In Long Term Care

Why try telehealth music therapy?

- Isolation due to COVID-19 has decreased activities, interaction, and sources of support for many. This may leave your residents experiencing far less contact with others – which in turn may increase feelings of isolation, loneliness, anxiety, depression, and/or decreased will to live.
- Telehealth music therapy sessions can address these problems by:
 - Providing opportunities for collaborative music making and structuring positive social interaction.
 - Increasing sense of control and personal choice during a challenging time.
 - Increasing opportunities to reminisce, talk about positive things, and express self.
 - Improve mood – these positive effects frequently last beyond the session. We have had both residents and staff state that even a 15-minute brief music visit is often the highlight of their week.
 - Decreasing pain and discomfort
 - Making exercise more motivating
 - Strengthening the voice
- Telehealth sessions can help staff as well. These sessions provide staff an increased sense of control, success, and can decrease stress and anxiety. Meeting with a music therapist can help staff improve their ability to cope during such a challenging time.

What is music therapy?

Music therapy is an evidence-based health service like physical therapy, occupational therapy, and speech-language pathology that uses music as the therapeutic tool to address physical, cognitive, social, emotional, psychological, spiritual, and/or behavioral needs.

How does this work?

- Telehealth sessions require an iPad, computer, or another device with cell or internet connectivity.
- We use a HIPAA compliant version of Zoom for our telehealth sessions. You will need to download this application and create an account before the session. We have a step by step guide for this and are happy to help if needed.
- Staff can set up the device and initiate the session for residents and are welcome to stay with them throughout.
- Family or friends can also join the sessions, virtually providing opportunities for increased face-to-face interaction with loved ones. This can decrease demands on staff and improve family satisfaction and sense of control.

What would a music therapy session look like?

- We adapt what we are doing in each session depending on immediate individual and/or group interests and needs.
- Clients will have the opportunity to choose the music we use in sessions.
- A few examples of how we can use music to address goals:
 - Selecting songs
 - Singing preferred songs
 - Talking about memories associated with the music or the words to songs
 - Moving to the music, or doing specific exercises to meet your individual goals
 - Playing instruments if you have them (for in-person sessions we typically bring these)
 - Writing songs or creating musical gifts
 - Relaxing to the music
 - Voice exercises to strengthen speaking voice or swallowing ability
 - Exercises to help with memory, word production, or cognition
 - Talking about ways you can use music to enhance your life

What services do we provide?

- **30, 45, 60, or 90-minute individual music therapy sessions.** Families can join sessions virtually as well. This can be sponsored by families/conservators or the facility.
- **Individual brief music encounters.** A staff person can bring the device to residents or bring residents individually to the device. Staff will need to disinfect the device between encounters – we are happy to provide suggestions for how to do this.
- **Small group sessions.** Residents must be spaced according to CDC and CMS guidelines. If you have multiple devices we can connect multiple residents for a group session while maintaining physical isolation.
- **Empowering Wellness Initiative.** We have created a program to provide fast, easy ways for your staff to improve physical and mental health. Materials are provided to staff directly to utilize on their own time. Designed to help prevent compassion fatigue and burnout, and provide support. Includes a variety of music assisted breathing, relaxation, and mindfulness exercises; simple ideas for self care; educational resources for adults and families; and a wellness activity tracking. Learn more at:
<https://www.livingspirittherapy.com/30-day-empowering-wellness-initiative/>
- **Individual support sessions for staff.** We can check in with staff that are struggling and provide tips and resources for support and self-care.
- **Small group staff support sessions.** These sessions can focus on immediate needs: stress management, processing, validation, coping, respite, and fun in the light of challenges.
- **In-services on how staff can use music to support residents.** We can provide tips on how to use music to support activities of daily living, to enhance movement activities, to address demanding behaviors, and to use recorded music appropriately and effectively.
- You can schedule ongoing sessions or a one-time session.

To learn more or to schedule sessions:

- Visit <http://livingspirittherapy.com>
- Contact Melissa Spiess at 651-363-3936 or melissa@livingspirittherapy.com