

Registered Music Therapy

Blue Care is uniquely positioned as one of Australia's leading residential aged care, community care and retirement living providers. We are founded on a compassionate approach to care and our reputation is built on our highly experienced team who work in more than 260 centres, in 80 communities across Queensland and northern New South Wales.

Registered Music Therapists are Allied Health professionals who can assist clients to attain and maintain health and wellbeing through the planned and creative use of music. Clients do not need musical skill or background to benefit from a music therapy program. Music therapy aims to support people at all levels of ability.

Some of the typical care needs a Registered Music Therapist may support include:

- Working to reduce anxious or aggressive behaviour for people with dementia
- Providing ways of expressing feelings through music whilst dealing with depression
- Using rhythm to help retrain movement.
- Use of music to improve self esteem and feelings of belonging; for example joining a choir
- Using song writing to help reminisce and reflect on life.

Health promotion sessions and group programs are regularly facilitated by Registered Music Therapists to support people in the community.

A Registered Music Therapist works as a member of a multi-disciplinary team to provide sensory and intellectual stimulation through music, which helps to maintain quality of life.

Referrals to Allied Health services may come from the client, carer, health professional, family member or friend.

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