



## Music Care Program

“Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common.”

— Sarah Dessen

As an approach to care music is recognized for its ability to increase quality of life. Music is universally enjoyed and is often listened to throughout one’s lifespan, even before birth. Research shows the benefits of music in care to be profound and easily facilitated in many different settings. Music is used to create a person-centered approach to care and allows for children to experience a new and innovative sensory experience, and enjoy making music together.

### THE GOALS OF MUSIC CARE

- Provide the children an adapted experience to make music
- Stimulate sensory exploration
- Create community and socialization
- Create a relaxation response, decrease anxiety
- Manage pain and symptoms
- Validate complex emotions
- Increase quality of life

### WHAT TO EXPECT?

Music care will be provided at Roger Neilson House as part of its regular programs. Recreation therapists will implement a variety of structured and unstructured activities.

### WHO CAN I CONTACT WITH QUESTIONS?

The recreation therapists can answer any questions or inquiries regarding the Music Care program at Roger Neilson House 613-523-6300 ext. 663/667