



Alzheimer's  
QUEENSLAND

## Music Therapy Program

Music therapy is a structured health treatment that uses music to improve an individual's functioning and wellbeing.

This is an invitation to join the AQ music therapy program. Absolutely no musical experience is necessary for you to join. If you love music, come and join us. It is all about having fun and meeting others.

Our music therapy program will be run by our music therapist, Jing. The primary focus will be on the process of creating music as a community and enriching one's self as an individual.

It aims to provide opportunities for verbal and non-verbal self-expression, cognitive stimulation, emotional support and meaningful social engagement; not only providing you with physical benefits but also helping to build confidence, to increase opportunities for self-expression in life and friendship through a fun and supportive environment.



**The program consists of following activities depending on our clients needs:**

- ✔ Familiar Music Listening
- ✔ Music Appreciation
- ✔ Therapeutic Singing
- ✔ Musical Instrument Playing (Guitar, Piano and Percussion Instruments)
- ✔ Body Movement
- ✔ Exercise with music
- ✔ New Song Learning
- ✔ Lyrics Analysis
- ✔ Song Discussion
- ✔ Music and Reminiscence
- ✔ Music Trivia
- ✔ Attention Exercise
- ✔ Memory Exercise
- ✔ Sensory Exercise
- ✔ Singing or Music Instrument Improvisation
- ✔ Song Writing

## **Access**

Program services can be accessed through the Commonwealth Home Support Programme (CHSP) and Home Care Packages (HCP). AQ also offers privately funded services.

## **Session Times**

If you're interested, please register at your local centre below:

### **Gordon Park, Brisbane North**

**Monday afternoon 1.00-2.00pm**

**E:** [cscnorth@alzqld.org.au](mailto:cscnorth@alzqld.org.au)

**P:** (07) 3857 2191

### **Garden City, Brisbane South**

**Wednesday afternoon 1.30-2.30pm**

**E:** [cscsouth@alzqld.org.au](mailto:cscsouth@alzqld.org.au)

**P:** (07) 3349 0875

### **South Coast**

**Friday afternoon 1:30-2:30pm**

**E:** [sctl2@alzqld.org.au](mailto:sctl2@alzqld.org.au)

**P:** (07) 5613 1844

### **Ipswich**

#### **Register your interest**

**E:** [ipscsc@alzqld.org.au](mailto:ipscsc@alzqld.org.au)

**P:** (07) 3812 2253

### **Upper Mt Gravatt, South Brisbane**

**Monday morning 9:30-10:30am**

**E:** [ahmusic@alzqld.org.au](mailto:ahmusic@alzqld.org.au)

**P:** 0429 163 065

