



**Music.ALS**

Sound support for lives affected by ALS

## ***WHAT IS MUSIC THERAPY?***

**Music therapy** is an allied health profession, like physical therapy or speech therapy. Music therapists have theoretical and practical knowledge of music, human psychology and physiology, and work closely with a multidisciplinary team to provide individualized, evidence-based treatment for every person with ALS (pwALS) and caregiver (cALS).

### **Music therapy may look and sound like:**

- listening to live / recorded music
- singing songs
- playing simple music instruments
- songwriting
- discussing favorite music
- creating music playlists for sleep, relaxation, mood boost
- music-supported visualizations
- gently exercising to music
- dancing / moving to music
- music-evoked reminiscing
- vocal or breathing exercises
- drawing to music
- instrumental or vocal improvisation

### **Benefits of music therapy for pwALS and cALS:**

- psychological support and counseling
- relaxation and sleep facilitation
- self-expression
- mood enhancement
- energy boost
- moderate physical exercise
- pain management
- support for making decisions
- support for adjustment to the disease
- enhancing family dynamics
- community building
- respite care
- support for breathing, speech, swallowing and cough

**No special music skills are needed to participate in music therapy.**

Volunteers, caregivers and patients cannot practice music therapy, but can be trained in **therapeutic applications of music**. Some **music therapy exercises** prescribed by a therapist can be safely and effectively performed at home.

