



Therapeutic Uses of Music with Older Adults

Alicia Ann Clair, Jenny Memmott

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In this comprehensively updated second edition, written by Alicia Ann Clair and Jenny Memmott the extraordinary benefits of music therapy for older adults are detailed. *Therapeutic Uses of Music with Older Adults* not only examines these benefits but also clarifies the reasons that music is beneficial. This important book shows both informal and formal caregivers how to use music to enhance the quality of life of older adults including people with physical impairments and people with dementia. Written by two of the nation's leading music therapists, *Therapeutic Uses of Music with Older Adults* offers strategies for using music to: provide diversion for inactivity, discomfort, and daily routine; decrease symptoms of depression, anxiety insomnia, and agitation; handle problem behaviors; provide physical and emotional stimulation; help in the rehabilitation of people with cardiac disease, Parkinson's disease, and impairments related to stroke; help in the management of pain; facilitate social integration; communication; and the expression of feelings, including anger and grief; and relieve the stress and tension associated with caring for older adults.



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