

PHYSICAL LIMITATIONS

A person who has physical limitations is likely to experience psychological distress when faced with the decline of their independence. He/she may have significant difficulty in accepting the loss of his/her autonomy and adapting to a new way of life. This can result in feelings of frustration, anxiety, isolation or depression.

Music therapy can maintain or improve the person's emotional and social well-being. The music therapist first conducts an Initial Assessment to identify the client's needs and strengths in different areas. These include socio-affective and cognitive areas as well as his/her habits and musical preferences. An Individual Intervention Plan is then devised and includes global objectives such as: expressing one's emotional difficulties, managing one's anxiety, overcoming one's feelings of sadness associated with his/her multiple losses, developing adaptation strategies, finding a meaning to life, living in the moment, etc.

To attain these objectives, the music therapist employs a variety of methods and techniques that use music in all its forms. The communicative and creative properties of music are central to the client-therapist relationship and therapeutic interactions.

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The person may be invited to recognize their physical strengths through vocal and/or instrumental improvisations, to participate in discussions based on song lyrics that validate and support his/her experiences, to participate in activities which maximize peer support via musical cohesiveness, to relax or move to music in order to maintain his/her flexibility and physical fitness, etc. A wide variety of instruments (guitar, piano, percussion instruments to name a few) are incorporated into sessions in order to satisfy individual musical preferences and offer everyone a rich and meaningful experience. In short, music therapy is a useful means to reach a person who has physical limitations and to contribute to his/her well-being.

For additional information about music therapy or if you wish to communicate with a music therapist:

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