

DISCOVER THE POWER OF MUSIC FOR OLDER ADULTS

Use Your Support at Home Funding to
Access Music Therapy!

WHAT IS MUSIC THERAPY?

Music Therapy is a research-based, allied health profession where a qualified music therapist uses music intentionally to achieve individual therapeutic goals.

DID YOU KNOW



- › If you have Support at Home, you can use your funding to access Music Therapy services!
- › Covered under Allied Health Services
- › No out-of-pocket costs if included in your Care Plan
- › Easy to add through your Support at Home provider

WHAT HAPPENS IN A MUSIC THERAPY SESSION?

A music therapy session is tailored to your needs and comfort level. You can join in as much or as little as you like.

Possible activities may include:

- › Singing Familiar Songs
- › Playing Instruments
- › Songwriting or Lyric Substitution
- › Listening for Relaxation
- › Musical Reminiscence



WHAT KIND OF MUSIC DO WE USE?

We use music that is personally meaningful to you — whether it's Elvis, Doris Day, classical, jazz, folk, contemporary or any genre that brings you comfort, joy or connection.

BENEFITS OF MUSIC THERAPY FOR OLDER ADULTS

- › Supports Cognitive Function
- › Enhances Emotional Wellbeing
- › Encourages Social Interaction
- › Reduces Stress and Agitation
- › Improves Communication and Speech
- › Stimulates Physical Movement
- › Provides Purpose and Joy

No musical skills are needed — just a willingness to engage in a way that feels right for you.

WHY CHOOSE MUSICGRACE?



✓ Evidence-Based Practice

At Musicgrace, our services are grounded in evidence-based music therapy practices, ensuring interventions are guided by research and clinical expertise to deliver meaningful and measurable outcomes for our clients.

✓ Accredited and Trusted Professionals

Our programs are delivered by Registered Music Therapists (RMTs) who are accredited by the Australian Music Therapy Association (AMTA). You can have confidence in the quality, safety and efficacy of our therapeutic care.

✓ Inclusive and Person-Centred

We provide a supportive and welcoming environment for individuals of all ages, backgrounds and abilities. Our team works closely with family members and other care professionals to ensure the best possible outcomes and a truly coordinated approach to each person's care.

HOW TO ACCESS MUSIC THERAPY THROUGH SUPPORT AT HOME

STEP
1

Understand Your Eligibility

If you have Support at Home, you're eligible to use your funding for Allied Health services, including Music Therapy.

STEP
2

Talk to Your Care Partner or Case Manager

Request Music Therapy as part of your Care Plan.

STEP
3

Choose a Registered Music Therapist (RMT)

Ensure the provider is accredited by the Australian Music Therapy Association (AMTA)

STEP
4

Begin Your Music Therapy Sessions

Once approved, your therapist will schedule sessions at your home - tailored to your preferences and goals.



LET'S BRING JOY AND HEALING THROUGH MUSIC

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