

## Music Therapy Program

Catherine, an accredited music therapist, uses a combination of live music (singing, guitar and piano) along with sensitive verbal interventions to best support patients and their families during this vulnerable time. Music therapy at end-of-life requires a keen awareness of a patient's physical and emotional status, which can fluctuate and shift significantly. The clinical bedside supports offered by Catherine are highly individualized and supportive of a patient's particular life history and clinical reality. Interaction with Catherine in the music therapy program can lead to legacy pieces for loved ones.

Goals of care may include, providing opportunities for deep comfort and relaxation, for self-expression, for reminiscence and life-review. Music therapy is beneficial in supporting mental well being and can provide opportunities for gentle engagement physically and cognitively.

Music can offer a unique and aesthetically beautiful pathway to 'step through a person's life'; to offer a witness and companionship, using a non-threatening and familiar pathway, such as the songs of one's life.

Music brings with it an instinctive ease and myriad points of connection - thereby building a safe sense of community quickly. Catherine will use music to provide opportunities for individual and mutual support within the Hospice community. Music therapy compliments the holistic approaches to palliative care at Hospice Wellington. It is an important part of the interconnected team of caring staff and volunteers.

Catherine's visits to hospice are on a weekly basis. If you would like to take part in the music therapy experience, please express your interest to a staff or volunteer at Hospice Wellington.

