

Resources for Individuals with intellectual and developmental disabilities (FAQ sheet for Music Therapist)

- **Weather based playlists for walking/looking out the window**
 - 30 - minute playlists based on age and weather include:
 - 18-55 - sunny/warm
 - 18-55 - cloudy/cool/rainy
 - 55+ - general walking music
- **Preferred uptempo songs and instruction to lead a structured dance party**
 - Suggested moves are based on the client's physical capability
 - Simple instructions to maintain each movement for 15-20 seconds then move on to the next move
- **Recording of MT playing client's favorite songs at a reduced tempo**
 - Reduced tempo minimizes over stimulation and allows for more accurate participation with the music and staff



Mediating Pathway: Organization of time

- Client needs:
 - Fill time in a meaningful way
 - Minimize frustration and anxiety
 - Develop routines for new leisure skills during COVID-19 Outbreak
- Staff needs:
 - New activity ideas
 - Techniques to develop new routines with clients



Talking points from music therapy literature (and literature that supports music therapy):

- Music motivates (Huischteraliet, 2019)
- Music affects the human stress response (Thoma et al., 2013)
- Music demands time ordered behavior (Sears, 1968)



Sources:

American Music Therapy Association (1998-2020). musictherapy.org.

Huischteraliet, R. (2019) Evaluation of a motivational pre-exercise music intervention. *Journal of Health Psychology* 24(3) 309-320.

Thoma, M. V., La Marca, R., Bronnimann, R., Finkel L., Ehlert U., nater, U. M. (2013) The effect of music on the human Stress response. *Plos one*, Online publication. doi:1371/journal.pone.0070156

Sears, W. W. (1968). Processes in music therapy. In E. T. Gaston (Ed.) *Music in therapy* (30-44). New York: MacMillan