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

- **Weather based playlists for walking/locking 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 up-tempo 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 (Huischerlallet, 2019)
- Music affects the human stress response (Thoma et al., 2013)
- Music demands time ordered behavior (Sears, 1968)

**Sources:**