



# Music Therapy

FOR CABRINI  
PALLIATIVE HOMECARE PATIENTS

Cabrini Palliative Homecare patients will now be able to access free music therapy sessions, thanks to the Cabrini Palliative and Supportive Care Creative Arts Program in Memory of Veronica Choo Neo Png.

## WHAT IS MUSIC THERAPY?

Music therapy is a research-based practice, involving the intentional use of music to improve quality of life. Music therapy is facilitated by university-trained registered music therapists, who work in a variety of contexts with people of all abilities and backgrounds.

Music therapy can help you by:

- Reducing anxiety and stress
- Regulating mood and energy levels
- Increasing motivation
- Managing anger and frustration
- Regulating heart rate, breathing and blood pressure
- Reducing pain by increasing your body's production of natural pain killers
- Facilitating connections with your loved ones
- Reconnecting you to the music you love



## About me

My name is Caitlin, and I'm the music therapist at Cabrini Palliative and Supportive Care, working two days at the hospital in Prahran and one day in the community. I sing, and play guitar and flute. I play a wide range of music thanks to my background in classical and jazz, and love it when the people I work with, introduce me to music I haven't heard before.

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## DO YOU HAVE TO BE ABLE TO PLAY AN INSTRUMENT?

No. Anyone with an interest in music, no matter their skill level, can participate in music therapy.

## WHAT DO YOU NEED TO PARTICIPATE?

We'll start with a phone call, to chat about your musical history and preferences, and talk about how you can access music from home.

If you choose to participate in a video telehealth session, you will need a computer, tablet or smart phone with video call capabilities. I can provide help with setup if needed.

Home visits will be made available as appropriate as COVID-19 restrictions are eased.

## WHAT HAPPENS IN A SESSION?

Music therapy is a responsive, adaptive practice, and the session will be driven by your choices and requests. Some people choose to take a passive role in a session, and prefer to just listen, while others take a more active role, and choose to sing and/or play instruments. I have a wide repertoire of music that I can play and sing, and if you request a song I don't know, I'll learn it for you!

Each session is different, but may include:

- Listening to live music – either guitar and voice, or flute
- Listening to recorded music
- Using music as a relaxation induction
- Creating personalised playlists i.e. to energise you for the day, or to help you get to sleep
- Finding online music resources, such as free streaming performances
- Singing along to live music
- Writing or adapting a song, or creating other legacy items for your loved ones
- Playing your own instruments at home

## WANT TO BE INVOLVED OR LEARN MORE?

Please email [pallcaremusic@cabrini.com.au](mailto:pallcaremusic@cabrini.com.au) or call Cabrini Palliative Homecare on (03) 9508 5027, let the staff know that you're interested in music therapy, and I'll give you a call!

