



*Living at Garden View Care Center is Fun!*  
*(636) 449-7575*

## **The Magic of Music Therapy**

Imagine a place where the elderly and children come together making music, singing, dancing, playing instruments, games and sharing stories. Imagine children learning from the life experience of the elders, and overcoming their fear of aging. Imagine children sharing their favorite television character, or story from a book. Imagine this happening despite the elderly having physical impairments or mental impairments due to Dementia. This is a place where children and residents of a nursing home can find common ground in a world that seems to have changed dramatically. This is not just a dream, but a reality in an intergenerational music therapy group.

During intergenerational music therapy groups, a music therapist directs interaction between children and elderly persons using music as the structure. Group participants sing, dance, play games, write music, and learn together. Participants and observers of intergenerational music therapy groups note many positive effects during and following meetings. Participants who are anxious or overly energetic seem calm and focused. Those who are usually passive seem more alert and engaged in the activity. Children and residents smile at one another, hold hands, clap, and dance and sing together. For residents of long term care facilities, any time in which they are alert, energetic, and focused makes a positive difference in their overall health. By building relationships between the generations with music, the seeds of love are sown for a lifetime.