

# MUSIC THERAPY

Music therapy brings peace, joy, comfort, dignity and an opportunity to create positive memories for patients and their loved ones when their needs are greatest.

FAITH PRESBYTERIAN  
HOSPICE

FOREFRONT LIVING



## What is Music Therapy?

Music therapy is an evidence-based practice of using live and recorded music to meet the psychological, physical, emotional, spiritual and social needs of patients and their families. In hospice, music therapy can result in improved quality of life, increased comfort and relaxation, reduction of anxiety and more. Our music therapists received specialized training for music therapy from an accredited college program, followed by completion of a six-month internship and national board certification.

## Why Music Therapy?

Music has ways of reaching those who may not be able to communicate or respond as they used to. Studies have shown that those nearing the end-of-life are still able to hear. Music therapy promotes a meaningful connection between the patient, music and music therapists. Music therapy visits may involve music listening, singing, songwriting, improvisation, music-making and music for relaxation or guided imagery. Music therapists incorporate each patient's musical preferences to make their experience meaningful. Using patient-preferred music may encourage reminiscence and bring joy to patients and their loved ones. Patients do not need to be musicians or have musical training to benefit from music therapy.



## Music Therapy Visits Address:

- Quality of life
- Relaxation
- Coping and grief support
- Spiritual comfort
- Music for peaceful transition
- Anxiety/agitation
- Planning/Singing for funeral/memorial services

## Common Benefits Include:

- Meaningful communication/engagement with loved ones
- Opportunities to reminisce and create positive memories
- Opportunities to express emotions and explore feelings
- Heightened physical/emotional response
- Increased comfort/relaxation
- Decreased isolation/loneliness
- Increased emotional/spiritual comfort and healing
- Reduced anxiety/agitation/pain perception
- Comfortable environment for peaceful resting place
- Legacy projects



## Testimonials:

"Music Therapy provided such a special and memorable time for my mom and I to share, outside the boundaries of illness and duties of caregiving, and I will always treasure those memories. I appreciate the joy we had through music at this stressful time."

— Nancy C., daughter

"As a trained musician, I have long been aware of the power of music to sooth souls. But, the comfort and solace provided by my music therapist at Faith during the last moments before my wife passed away was above and beyond. It helped bring peace and closure at a very difficult time. I will always be grateful for this service."

— Frank L., spouse



# MASSAGE THERAPY

Massage therapy offers moments of comfort, wellbeing and beauty at a challenging time for patients and their loved ones.

## ***What Does Hospice Massage Look Like?***

Many people have preconceived notions about massage therapy that do not apply in the hospice setting. A massage table is rarely used. Patients receive massage wherever they are comfortable, typically in a hospital bed, reclining chair or wheelchair. The therapist will make suggestions regarding propping for comfort, using pillows in the facility. The patient does not need to remove clothing; however, the therapist will apply a professional-grade lotion to any area of the skin that can be accessed. Relief for dry, distressed skin is one of the primary goals of hospice massage.

## ***Is It Safe?***

Every person, regardless of how vulnerable or close to death they are, can receive some type of gentle touch. Faith Presbyterian Hospice employs licensed massage therapists trained to provide safe, effective touch for people with advanced illness – with or without the addition of aromatherapy – right up until the last moment of life. Families can be supported to assist with massage if they wish. The work is so gentle that patients often sleep during the session.

## ***Common Session Adjustments Include:***

- Session provided wherever the patient is most comfortable
- Massage over clothing or accessible skin
- Focus on positioning and propping for patient comfort
- Gentle massage pressure
- Length of session adjusted to patient's energy level
- Avoidance of sensitive areas on the body

## ***Common Benefits Include:***

- Decreased pain and anxiety
- Decreased perception of shortness of breath
- Improved sleep
- Improved skin health
- Improved digestion and elimination
- Reduced isolation and fear

## **Testimonials:**

“The staff gave my husband wonderful care, but I think the thing he appreciated most was the gentle touch he received from the massage therapist. It calmed his nerves and mine as well. I would recommend massage to every patient facing the trauma of dying.”  
— *Judy C., caregiver*

“I have found that massage therapy is very beneficial during my hospice care. The massages not only relieve my pain, but also put me in an overall better state of being and for that I am truly grateful!”

— *Veronica T., patient*

