



How can Music Therapy make a difference for those with Down syndrome?

The person with Down syndrome brings a unique energy and vibrancy to Music Therapy. MT gives each person the chance to shine regardless of his or her physical ability level. Everyone can make music! A Music Therapist will meet the client where he/she is on a given day and work from there. This can look like a number of different things. The client may come in with anger, so the therapist may use drumming to meet the anger of the client and slowly calm the client. Maybe the client will come in charged with energy, then the MT is trained to join in with that energy and use music to help the client work towards their goals.

What does the Music Therapist do?

A Music Therapist will use age appropriate music to meet the needs of the client. The therapist will bring a variety of tools, instruments, musical interventions, and songs to reach the client. This may look like drumming, singing, playing small percussion, using a switch, playing a piano, learning an instrument, working on speech techniques, and so much more!

Music therapy intervention provides opportunities to:

<ul style="list-style-type: none"> • Improved self esteem through successful experiences • Enhance awareness of self and environment • Express oneself both verbally and non-verbally • Adopt positive forms of behavior • Improvement in cognition • Improved pacing in speech patterns • Reduction of anxiety (music therapy helps lower blood pressure) • Helps with coordination and balance 	<ul style="list-style-type: none"> • Decreased depression • Improved socialization • Expression of feelings • Improved speech and communication • Improvement in motor skills • Improved awareness and responsiveness • Communication with loved ones • Relaxation • Motivational • Improved breathing • Improved quality of life
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