

## What is Music Therapy?

Music therapy is the intentional use of evidence-based music interventions by a Registered Music Therapist (RMT) to address health, functioning and well-being.

It is an adaptive, person-centred allied health practice that embeds the strengths, needs, and goals of clients at the core of care planning.

**People do not need to have previous musical experience to benefit from music therapy.**



## Moving Forward



### GET IN TOUCH

Call 0406 608 659 or email [geena.rmt@gmail.com](mailto:geena.rmt@gmail.com) to organise a free in-service.

### IN-SERVICE

Attend for more info and a demonstration of techniques. Residents welcome!



### LET'S ROCK!

Music therapy program begins on an agreed date.

## Website

[www.geenacheung.com](http://www.geenacheung.com)

# SOUNDING HEALTH & COMMUNITY



Music Therapy in Residential Aged Care

## Music therapy enhances the quality of life of older adults in care.



Music-assisted exercise can support general physical well-being and rehabilitation of movement.



Music therapy provides cognitive stimulation and can aid rehabilitation of speech.



Music therapy involves interactive processes that can enhance social well-being.



Music therapy elevates mental health through verbal and non-verbal processes.

### Royal Commission into Aged Care

Under Recommendation 38b of the Royal Commission into Aged Care, providers are encouraged to include a qualified music therapist in their care team.

## Clinical Process

Music therapy can look different across care communities, as programs are tailored to each community's structure, culture, and specific needs, in collaboration with relevant team members.

The clinical process of music therapy typically includes referral, intervention, and ongoing review. Group and individual sessions can be offered to meet the needs of residents.

**Book in for a free, no-obligation in-service to learn more about how music therapy can benefit your care community.**

## Fees

An hourly rate is charged for services provided as a contractor, with no minimum contract hours required. Please get in touch for the current fees.



## About the RMT

Geena Cheung is a passionate and resourceful Registered Music Therapist endeavouring to support individuals in living fulfilling lives by maximising health, function, and well-being through music. She brings extensive experience in supporting older adults within residential and community aged care, as well as in neurorehabilitation settings. Embracing challenges and innovation is at the heart of her approach, enabling her to respond effectively to the unique needs of every person.



Scan the QR code to view Geena's resume.