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Remote Music Service Options for Long-Term Care Communities

The Problem:

- Because of the coronavirus pandemic, your facility is closed to visitors. No entertainers. No volunteers. No family members or friends.
- You're spread way too thin, trying to foster a calm, loving community and provide a high-quality activities program, without the extra hands you usually have on deck.
- The rest of the staff is burning out, too. Tensions are running super high, and everyone is anxious to see what happens next.
- Your residents are getting restless, missing their visitors, tired of TV, and wondering what the heck is going on.

ENTER MUSIC.

Music has always been the way to help ourselves and our communities through crisis.

Maybe you can't have your musicians and music therapists there in person.

But we're here to help you access the benefits of music, even with your community on a virtual lockdown.

How We Can Help:

With any of our three remote service options, our board-certified music therapists can help:

- Provide meaningful music activities to your residents
- Help everyone to maintain a calm, healing environment
- Give stressed-out staff members a musical break
- Reduce the need for anti-psychotic and anti-anxiety medications during an especially stressful time (especially important if supplies begin running low!)
- Provide a means for social interaction and emotional support during a time when visitors are restricted

- Give you resources to use now, and well into the future, even after restrictions are lifted

Your four Soundscaping service options:

Live, interactive music group

This is the best possible remote replacement for music therapy groups. With the appropriate technology in place, we can STILL engage your residents in meaningful music experiences, while following precautions and restrictions related to COVID-19.

What we'll do:

- Lead singing
- Lead movement to music experiences
- Facilitate discussion with questions and anecdotes
- Show photos related to discussion topics

Technology requirements:

- Broadband internet access
- Speakers connected to your video device, loud enough for participants to hear
- Software options:
 - Zoom (requires a free app download)
 - doxy.me (available in a browser)
- Video options:
 - Projector, large screen/wall, and computer
 - Computer/laptop with a large display
 - SmartTV that will allow you to project what is on your laptop/tablet/phone

Pre-recorded music programs

Use these recorded music programs at any time to give residents opportunities to engage in music and discussion with each other, or in private reflection. It's so much better than TV!

- **Musician biographies** explore the lives of famous musicians through their music. The music therapist tells the musician's life story, interspersed with their songs. Includes discussion questions and creative ideas for experiencing the songs.

- **Themed playlists** bring you a set of songs on a similar topic, to spark reminiscence and discussion on a theme. The music therapist gives background context, fun facts, discussion questions, and creative ideas for experiencing the songs.

What you'll get:

- Pre-recorded videos from us and a curated playlist, all on YouTube. Click play once to hear the whole program.
- A printable version of the written resource we use for each
- Accompanying photos, to print out or show on your tablet device

Technology requirements - group:

- Broadband internet access
- Speakers connected to your video device, loud enough for participants to hear
- Access to YouTube
- Video options:
 - Projector, large screen/wall, and computer/tablet/phone
 - Computer/laptop with a large display
 - SmartTV with access to YouTube

Technology requirements - individual:

- Smartphone/tablet/laptop with internet access

Individualized playlist interviews

Take advantage of this opportunity to build up your Music & Memory or recorded music program! Our music therapists will interview your resident over video conferencing, sing or play recordings of songs, and build a playlist just for them.

This playlist will then be transferred to YouTube or Spotify, using a special link just for them, so you can continue using these songs for individualized music activities now and long after the quarantines end.

Technology requirements:

- Smartphone/tablet/laptop with internet access
- Software: Zoom (free app) or doxy.me (via browser)

Music and family/friend sessions

When family members and friends can't visit, help them connect with residents for a little something special. Our music therapists will meet with the resident and one or more family members or friends via video conferencing, to sing, laugh, reminisce, and connect in a meaningful way over the distance. We'll also collect the songs we share in a personal playlist.

This playlist will then be transferred to YouTube or Spotify, using a special link just for them, so you can continue using these songs for individualized music activities now and long after the quarantines end.

Technology requirements:

- Smartphone/tablet/laptop with internet access
- Software: Zoom (free app)

*More support for music therapists at
soundscapingsource.com/music-therapists*

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