What is Music Therapy and Who Does it Help?

Music Therapy is the use of music to meet a person’s therapy goals. It is set up by a person trained through an approved music therapy program. It is used to meet physical, emotional, cognitive and social needs of individuals.

After a review of the person’s physical limits, the music therapist sets up a program that may include:

- singing
- listening to music
- creating music with an instrument or
- moving to the music

The patient does not need to have music talent to benefit. All types of music can be useful. There is not one type of music that is best.

Who does it help?
Music therapy may help all ages of patients with mental health needs, substance abuse treatments, brain injuries, learning disabilities and developmental delay, Alzheimer’s disease and aging issues, physical disabilities, those in acute chronic pain and even mothers in labor.

Is it covered by Medicare?
It is covered under Medicare if it is defined as an active treatment under the Partial Hospitalization Program. This means that the music therapy must be:

- ordered by a doctor
- needed for the treatment of the patient’s illness or injury
- set at reasonable limits
- backed by a written plan with goals
- The patient must show some improvement in the goal of the plan.

Private insurance
It’s possible that it may be covered. Call your insurance company to ask if activity therapy is covered for your treatment plan.

Joining in the music activity helps patients be more active. This helps in other areas of their life. Music also provides a new way to express thoughts for patients who find it hard to speak about how they feel. Research shows that music therapy can be a means to express feelings; to get patients to want to help in their treatment; to support the feelings of patients and families and to add or improve movement activity.

Compliments of the Caregiver Class from BJC, hosted by BJC Hospice.
Contact us at 636-916-9830.