

## Music Care Conceptual Framework

Music care is an approach that believes all of us can use music for health and well-being in our own lives and in those we care for. Music care is about using music with intention, knowing that therapeutic principles of sound and music affect us and can have specific outcomes. Music care integrates sound, silence and music into life, paying close attention to how interpersonal connection and human contact is enhanced through musical associations. Music care aims to enhance well-being and quality of life for all people. Ten domains of music care delivery include:

Domain	Key delivery activity	Examples
Community	Accessing music performance between healthcare site and community-at-large	School groups, community bands, church choirs coming in OR residents/patients going out to symphony concert, fiddle club, musical theatre
Specialties	Performing therapeutically-intended music by practitioners with certified training	Harp Therapist, Music Thanatologist, Bedside Singers, Music Can Heal, Health Arts Society
Music Therapy	Providing treatment using music within a therapeutic relationship as an accredited scope of practice	Client populations: mental health, rehabilitation, palliative, autism
Musicking	Engaging informally and spontaneously with music	Playing instruments, singing, dancing
Programming	Integrating music formally in programs	Sing-along, listening groups, music bingo, music appreciation, Pathways Singing Program, Java Music Club
Technology	Incorporating technology to deliver music for a care-related goal	iPod programming, bedside music terminals
Sound Environment	Bringing intentionality to sounds made in the care environment	Recording of Tibetan bowls in prayer room, sounds to accompany labyrinth experience, virtual music instruments
Music Medicine	Administering prescriptive music-based interventions for medically related outcomes	Rhythmic Auditory Stimulation, Melodic Intonation Therapy
Training	Training to integrate music into regular care practice	MCCP, NMT, Music Therapy Continuing Education, In-services, workshops
Research	Investing in evidence-based research using music and music strategies to enhance care	Music and Health Research Collaboratory, McMaster Institute for Music and the Mind, Conrad Centre for Music Therapy