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## The benefits of singing for older adults

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This presentation features a multi-phase investigation examining the benefits of music therapist facilitated singing groups for older adults. In each phase, participants sang in a weekly one hour choral program, and were assessed on several qualitative and quantitative dimensions including: anxiety, pain and mood. At the conclusion of each study participants were interviewed, and several levels of observation data were collected. Study one, saw the emergence of 5 qualitative themes, and study two, resulted in statistically significant changes ( $p < .01$ ) for four indicators: increased energy, mood, and happiness; and decreased pain. Nine themes also developed from study two. Study three was distinctive, as caregivers were included in the singing groups along with older adult participants. All participants were assessed by means of multiple objective and self-reported tools including: pre- and post- weekly session tests for pain, energy, and mood; observation; and interviews. Quantitative data compared aggregate mean pre- and post-session numerical rating scores, in order to identify statistically significant changes in pain, energy, and mood. Outcomes indicated statistically significant increases in energy and mood, and decreased perceptions of pain for all participants. Seven predominant themes emerged from participant interviews from older adults and caregivers and were identified by social, emotional, and/or physical wellness. Implications of the results of all study phases will be conversed. Further extensions will be shared regarding how nurses and healthcare workers can also include music in the care they provide when appropriate.

### Biography

Clements-Cortés is Assistant Professor, University of Toronto, Music Therapy Instructor & Graduate Supervisor, Wilfrid Laurier University; Academic Coordinator and Instructor, Ryerson Chang School; Registered Psychotherapist, and Certified Music Therapist, with advanced credentials FAMI and NMT. She is Past-President of the World Federation of Music Therapy, and Managing Editor of Music and Medicine. She has given over 100 academic and invited presentations at conferences throughout the world including: the World Congress of Music Therapy, and the International Association for Music and Medicine. Her scholarly writings have been published in Music and Medicine, Journal of Alzheimer's Disease, Journal of Music Therapy, Music Therapy Perspectives, Barcelona Publications, Sage Encyclopedias, and the American Journal of Hospice and Palliative Medicine. She currently serves on the editorial review board of Journal of Alzheimer's Disease, Music Therapy Perspectives, Journal of Music Therapy, Voices, and Austin Palliative.

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