

Music therapy



Supporting wellbeing and quality of life

At BlueCare, we understand that music can do more than entertain—it can calm, uplift, and connect. Our music therapy programs use the power of music to support emotional, physical, and cognitive wellbeing in a safe, engaging environment.

Led by qualified music therapists, sessions are tailored to your needs, abilities and goals—whether it's improving mood, memory, movement or simply creating joy in the moment.

Support through sound, tailored to you

Music therapy can support people living with:

- Dementia or memory loss
- Neurological conditions such as Parkinson's disease or stroke
- Disability or developmental delay
- Mental health concerns, anxiety or depression
- Palliative or end-of-life care needs
- Social isolation or emotional distress

Sessions are available individually or in groups, in your home or at selected BlueCare centres.

How music therapy can help

We'll help you:

- ✓ Improve mood and reduce anxiety
- ✓ Stimulate memory and recall
- ✓ Encourage movement and coordination
- ✓ Express emotions and build confidence
- ✓ Support communication
- ✓ Connect with others and enhance quality of life

You don't need to be musical to benefit—just open to the experience.

Explore our full range of allied health services

Exercise physiology • Physiotherapy • Podiatry

Occupational therapy • Speech pathology

Psychology and counselling

Dietetics • Social work



Our music therapy services are available through:

- Support at Home
- Department of Veterans' Affairs
- Fee-for-service

Let's get you moving

Speak with us today to learn more or to book a personalised assessment.

 1300 258 322

 bluecare.org.au

 BlueCare -
in good hands

 **BlueCare**
Live life your way