



# Therapeutic Uses of Music with Older Adults

*Alicia Ann Clair*

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## **Therapeutic Uses of Music with Older Adults** Alicia Ann Clair

This important book shows both informal and formal caregivers how to use music to enhance the quality of life of older adults - including people with physical impairments and people with dementia. Caregivers will discover the amazing effects of music on people with mild to moderate dementia, many of whom remember how to sing long after losing the ability to speak meaningfully. *Therapeutic Uses of Music with Older Adults* helps caregivers provide structure, order, and predictability by bringing familiar music into the environment of care recipients. A valuable resource for anyone working or living with older adults, this book will improve the quality of life of both care recipient and care provider.

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