

with
Music Therapy
you **CAN...**



**Alzheimer
Scotland**
Action on Dementia

BAMT

BRITISH ASSOCIATION
FOR MUSIC THERAPY



Music Therapy supports relationships, psychological wellbeing and communication through engagement in music.

Music Therapy can:

- Help keep connections alive – music is a channel for communication and engagement with others, helping maintain relationships with loved ones and carers.
- Help look after your psychological wellbeing – helping you to share emotions and feelings with others, without the need for words.
- Enable self-expression and creativity – supporting you to engage your mind, enabling you to maintain skills and abilities
- Stimulate – playing music and singing can stimulate your brain, support your brain health and energises you, supporting both mental and physical health.

24 hour Freephone Dementia

Helpline: **0808 808 3000**

Email: **helpline@alzscot.org**

www.alzscot.org/ahpresources

www.cpcs.online

To find a music therapist for yourself or someone you care for, please call **020 7837 6100**, email **info@bamt.org** or search online **www.bamt.org/british-association-for-music-therapy-resources/find-a-therapist.html**

Alzheimer Scotland – Action on Dementia is a registered Scottish charity no. SC022315

Local contact:

