



# The Music Therapy Center OF CALIFORNIA

## VIRTUAL SENIOR SERVICES

*Reducing isolation and fostering connection through the power of music when in person music is not possible.*

### Individual

Individualized music therapy sessions to address goals specifically tailored to engage the client through singing, movement, discussion, reminiscence and more.

### Group

Interactive 45-minute or hour long group music therapy sessions while practicing social distancing. Maintain quality of life through active music making, movement, reminiscence and more.

### Recorded

Recorded interactive music sessions are a cost effective solution that can be enjoyed at anytime with residents individually or in small groups opportunities to engage and combat isolation.

### Family Sessions

Friends and family connect with loved ones over video conferencing to create a memorable and meaningful experience. A music therapist will provide a walk down memory lane through song and interactive music making.

### Patio Concerts

Bring communities together by providing opportunity for social and emotional connection through outdoor concerts and music making that can be enjoyed from a balcony or patio at a safe distance.

### Playlists

Reduce anxiety, restlessness and disorientation for your loved one with a personalized playlist. Preferences are obtained through interview and can be enjoyed time and time again.