

## NORDOFF-ROBBINS MUSIC THERAPY WITH ELDERLY WITH BPSD IN HONG KONG

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### Abstract

With the understanding of the insufficiency of the current system in aged-care nursing homes in Hong Kong and the rich experience in elderly service, the presenter found the way to use music to connect to the souls deep inside the clients with Behavioral and Psychological Symptoms of Dementia by applying the Nordoff-Robbins approach.

### Description

Nordoff-Robbins (NR) music therapy is a client-centred and music-centred approach, which involves strong clinical improvisation techniques. NR therapists have high musical sensitivity in order to build connections through music instead of words, while matching it to the needs of the clients. As the nature of the approach, “music as therapy” with the belief that every individual has a “music child” – the inborn ability to respond to music, every individual who is considered as “non-communicative” such as elderlies with severe dementia and BPSD, are reachable and connectable through music on an equal basis “here and now” together.

In an aged-care nursing home setting in Hong Kong, caregivers, social workers and health professionals always encounter the challenges of helping the BPSD elderlies whose cases are considered complicated because of aggression, delusions, hallucina-

tions and etc. to regain and maintain their physical and cognitive skills due to limited knowledge of the way to offer help. Medication seems to be the common solution to deal with the BPSD elderlies, yet, the side effects and the real needs of them are always neglected, which results with the frustration from their families of the whole nursing home system. The power of the music therapy, throughout the process, is witnessed by the staff.





## References

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## About the Author

**Ms. Cat Chau**, who is the Hong Kong's first music therapist with professional qualification in Music Therapy and Social Work. She established the first music therapy department operating with the full time music therapist at a nursing home setting while creating the protocol and evaluation system for referring clients to the music therapy department.  
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