



Group Rhythm and Drumming with Older Adults: Music Therapy Techniques and Multimedia Training Guide

Barbara Reuer, PHD, NMT, MT-BC, Barbara Crowe, MM, Barry Bernstein

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Written by a team of creative and highly qualified music therapists, this publication provides content training for the use of group percussion strategies with mature adults. In fact, the book promotes senior peers as group facilitators and/or co-leaders. The grace of this approach is that no previous musical training is necessary in order to benefit from, manage and execute your own older adult music making program. The intended audience includes: Music Therapists, Music Educators, Recreational Therapists, Activity Directors, Musicians, and Volunteer Coordinators. The suggested program, contained herein, serves as a guide and draws upon well founded approaches and techniques used in music therapy for older adults. A charming real world digital video disk sampler demonstrates program content amongst a group of volunteer leaders. The program concept may be delivered in many settings serving older adults such as: Elder Hostels, Senior Centers, Open Senior College, Religious/Spiritual Centers, Retirement Communities, Health and Wellness Centers. No doubt participants in this interactive recreational music program will experience fun, socialization, stimulations, and a sense of belonging --- a recipe for quality living!

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