

INTEGRATIVE THERAPIES- MUSIC & MASSAGE

There is growing evidence that integrative therapies such as massage therapy and music therapy can be effective therapeutic tools for relief of pain and non-pain symptoms in hospice patients. You can request our Integrative Therapies from your Faith Presbyterian Hospice social worker.

Using music to bring peace, joy, comfort, dignity, and an opportunity to create positive memories for patients and their families when their needs are greatest.

What is Music Therapy?

Music therapy is an evidence-based practice of using live music to develop and achieve each patient's individualized goals, such as improved quality of life and reduction of anxiety and pain perception. Our music therapists have specialized training from an accredited college program for music therapy followed by completion of a six-month internship and national board certification.

Why Music Therapy?

Music can help ease anxiety and increase relaxation. Using patient preferred music may also encourage reminiscence and bring joy to patients and their families. Music often has ways of reaching those who may not be able to communicate or respond as they used to. Studies have shown that those nearing the end-of-life are still able to hear. Music therapy offers a unique and memorable experience that promotes a meaningful connection between the patient, music, and music therapists.

Music Therapy Visits Often Address:

- Quality of life
- Effective coping/grieving
- Spiritual comfort
- Music for peaceful transition
- Anxiety/agitation
- Funeral planning/memorial services

Common Benefits Include:

- Increasing emotional/spiritual comfort
- Decreasing isolation/loneliness
- Reducing anxiety/agitation/pain perception
- Promoting physical/emotional response
- Completing legacy projects
- Creating a comfortable environment to a peaceful resting place



MEET OUR MUSIC THERAPISTS



JENNEFER DIXON
MA, MT-BC
Field-Based
Music Therapist



KATHLEEN MONTES
MMT, MT-BC
Inpatient Unit
Music Therapist



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PRESBYTERIAN HOSPICE
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Massage can offer moments of comfort, wellbeing and beauty at a challenging time for patients and their families.

What does Hospice Massage Look Like?

Many people have preconceived notions about massage that do not apply in the hospice setting. A massage table is rarely used. Patients receive massage wherever they are most comfortable: a hospital bed, reclining chair, or wheelchair. The therapist will make suggestions regarding propping for comfort, using pillows or other materials in the home or facility. It is not necessary for the patient to remove clothing; however, the therapist will apply a professional-grade emollient lotion to any area of the skin that can be accessed. Skin health is one of the primary goals of hospice massage.

Is it Safe?

Every person, regardless of how vulnerable or close to death they are, can receive some type of gentle touch. Faith Presbyterian Hospice employs Licensed Massage Therapists who have been trained to provide safe, effective touch to people with advanced illness – with or without the addition of aromatherapy – right up until the last moment of life. Families can be supported to participate and assist with massage, if they wish to, as a way to honor and express their love.

Common Adjustments to the Session Include:

- Session provided wherever the patient is most comfortable
- Massage over accessible skin or clothing
- Focus on positioning and propping for patient comfort
- Adjustment of massage pressure
- Length of session adjusted to patient's energy level
- Avoidance of sensitive areas on the body

Common Benefits Include:

- Decreased pain and anxiety
- Decreased perception of shortness of breath
- Improved sleep
- Improved skin health
- Improved digestion and elimination
- Reduced isolation and fear

Testimonials:

"Music Therapy has provided such a special and memorable time for my Mom and I to share, outside the boundaries of illness and duties of caregiving, and I will always treasure those memories. I appreciate the joy we had through music at this stressful time."

– Nancy C., daughter

"I have found that **Massage Therapy** during my hospice care is very beneficial. The massages not only relieve my pain, but also put me in an overall better state of being, and for that I am truly grateful!"

– Veronica T., patient



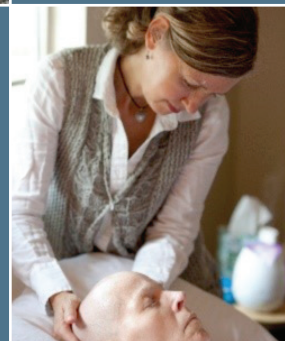
MEET OUR MASSAGE THERAPISTS



SUSY QUINTERO
LMT
Field-Based
Therapist



CINDY SPENCE
MPH, LMT
Inpatient Unit
Therapist



GLO UMPHRESS
LMT
Inpatient Unit
Therapist



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