

Keeping the Beat: Adapting Your Music-Making to Age-Related Changes Resources

Music Therapy

Music therapy professionals are available to work with groups and individuals.

Examples include

- [Swedish MS Center music therapy groups](#) (click on support groups) These groups are not just for Swedish patients nor those with MS, but any cognitive challenges. They have programs over zoom and in-person.
- [West Music Musical Therapy Services](#) - Iowa based, with online options
- [The Memory Hub](#) – Books & Beats - Program with the Seattle Public Library and The Memory Hub that occurs every two months. Caregivers have a book discussion and those with memory loss engage in a music program led by a certified music therapist. [Check their calendar for upcoming dates.](#)

Instrument Adaptation Examples

There are many adaptive instruments and adaptational strategies for playing various instruments for those with challenges ranging from arthritic hands to more serious movement limitations. An internet search for “adaptive music instruments” will bring up many resources. Some of these include:

- Adaptations to assist in holding mallets for playing drums, hammered dulcimers, and marimbas. Examples include:
 - [American Drum brand](#)
- Straps and splints for attaching picks to fingers for playing strummed stringed instruments like guitar and mountain dulcimer. Examples include:
 - "Gripless" A No Grip Guitar Pick System by Arrow Guitar Picks
 - ZeroGravity Orbit picks
- Capo-like adapters for guitars that allow someone with limited hand strength or mobility to play chords in various keys. Examples include:
 - EZ-Fret
 - E-Z Chord

Various adaptive devices that detect movement and translate them into sound. Examples can be found at:

- [Sound Brenner Blog – Devices that help musicians with disabilities](#)
- [West Music](#) - Suzuki QChord Digital Songcard Guitar Bundle