



**Intergenerational Programs and Creative Art Therapies at:  
Meadow Springs Center for Post Acute Care**

Music Therapy is being utilized in a very exciting way at Meadow Springs Center to further enhance the lives of our residents by fostering meaningful relationships with the youth in the community. During visits to the center students will be able to participate with residents in a music group and art-making experience facilitated by our two music therapists.

During these intergenerational groups students and residents have the opportunity to create new experiences and relationships together. Music therapists bring to the groups their understanding of the developmental needs of each age group, knowledge in group dynamics, as well as, training in designing music and art tasks to foster positive, meaningful experiences for all group members. By engaging group members in play and creativity, they have an opportunity to create memories together. Group members write songs, make music, play games and create artwork together.

The purpose of these interactive groups is to encourage the building of relationships (a sense of connectedness) between the participating students and residents. Encouraging these relationships among different generations has many benefits. Positive experiences with nursing facility residents can help to change stereotypical attitudes of younger generations. We want to impress upon these young visitors the values of our residents as unique individuals who have likes, dislikes, and needs similar to their own. We also want to provide experiences that send the message that nursing facilities can be fun and new places to meet people.

The benefits of the intergenerational program to our residents are many. Through music therapy and our intergenerational program we hope to create an environment which friendships can arise among the generations by emphasizing an understanding of and appreciation for the value of each group member.