

## Music and Wellness in BI Resources

### Resources

- <https://singaphasia.com/>
- <https://www.aphasiachorale.org/>
- <https://www.strokecolorado.org/rehabilitation-programs>
- <https://biacolorado.org/adult-classes-and-workshops/music-classes/>
- <https://www.musictherapycolorado.org/>
- <https://www.musictherapy.org/>

### Opportunities in your community

Music Listening	Singing	Attending Concerts	Private Lessons	Community Choir	Aphasia Choir	Music groups, drum circles	Music Therapy
-Mood -Relaxation -Identity -Conversation -Connection	-Mood -Breath -Identity -Connection -Socialization	-Mood -Socialization -Conversation -Connection	-Cognition -Motor skills -Emotion -Meaningful activity	-Breath -Oral motor -Community -Connection -Accomplish.	-Verbal expression -Oral motor -Community -Connection Meaningful activity	-Motor skills -Cog skills -Mood -Socialization -Community	-Personalized -Motor skills -Cognition -Verbal skills -Getting started
-Devices -Apps -Playlists -15 minutes	-Playlists -15 minutes -Intentional	-Planning -Internet -Community events	-Music school -Private studio -Music therapy clinic -Accessible instrument	-Community -Music school -Church	-Rky Mtn Aphasia Choir -International Aphasia Choir	-Community -Music studio -Music therapy	-AMTA -CMTA -Internet search

### Home Exercise

#### Easy Start

##### LEVEL 1

- Set time aside for mindful listening
  - 15-20 minutes
- Create playlist
- Choose 3-4 songs
- Ask questions with each song
  - “What do you like about that song?”
  - “What thoughts or emotions did it bring up?”



##### LEVEL 2

- Sing along

##### LEVEL 3

- YouTube karaoke