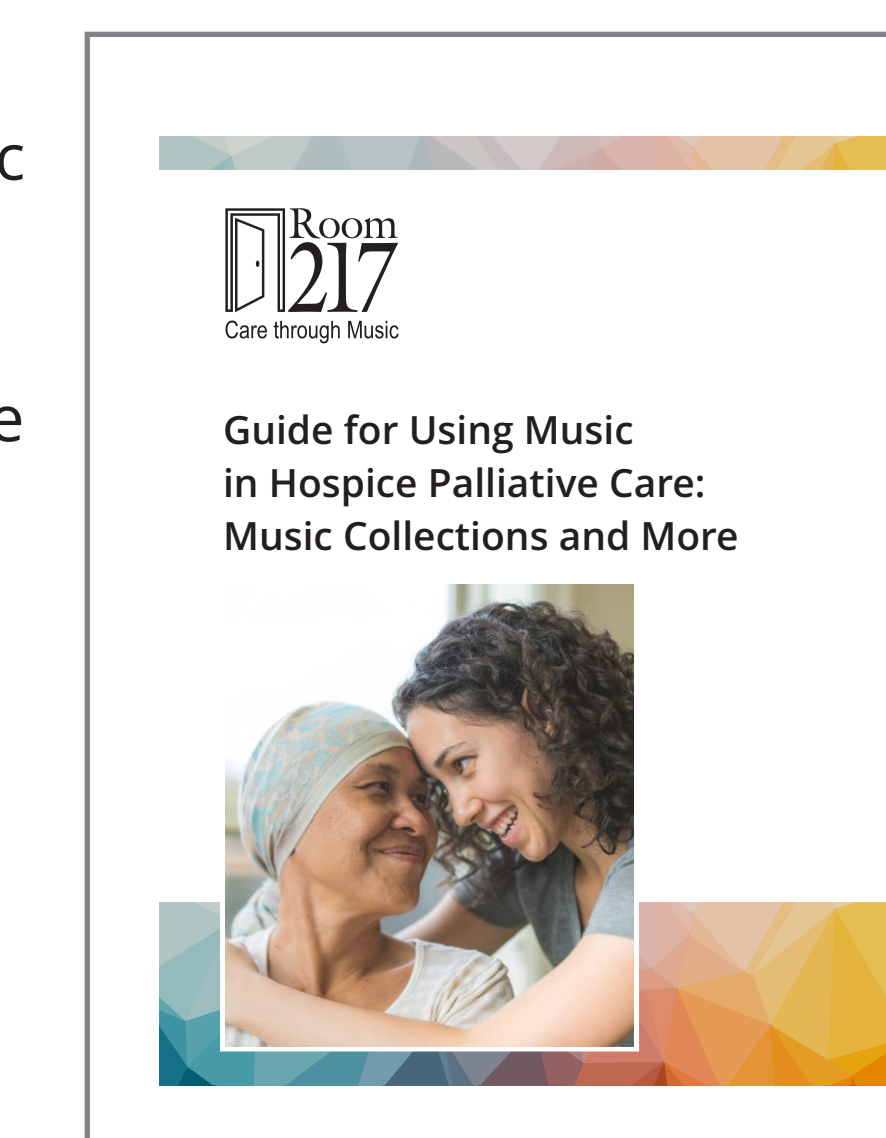


# Using Music In Hospice Palliative Care

Music gives peace to the restless and comforts the sorrowful. They who no longer know where to turn find new ways and those who have despaired gain new confidence and love. – Pablo Cassals

Download the full Guide to Using Music in Hospice Palliative Care: Music Collections and More [www.room217.ca](http://www.room217.ca)

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## Hospice Palliative Care

Aims to relieve suffering and improve quality of life for people in their final days and ease burden of care for loved ones



## Music Care

The intentional use of music by anyone to improve health and well-being, integrating music into caring relationships in a person-centred way

## Considerations

1. **Preferences** – Some are comforted by familiar music. Some prefer novel music that doesn't stir up memories.
2. **Legacy** – Music may help create something to be left behind and be remembered by like a favourite song, original song, or playlist.
3. **Life Review** – Music can help us look back at life's experiences and make meaning.
4. **Communication** – When completing relationships, important words like "I love you", "thank you", "I forgive you", "will you forgive me", and "good-bye" are expressed. Music can help us communicate these sentiments.
5. **Grief and Bereavement** – Music can help us move through the seasons of grief by using songs for tasks of mourning.

## Musical Effects

- Distracts from pain
- Assists breathing
- Relieves symptoms like agitation, restlessness, shortness of breath, insomnia
- Provides comfort and peace
- Makes the space beautiful
- Transcends circumstances
- Connects people
- Eases caregiver burden
- Reduces feelings of isolation
- Inspires hope and courage

## Music Care Tips

1. Music is not always helpful.
2. Music may feel invasive for some people.
3. Not everyone wants to hear music.
4. Be careful of making assumptions for certain reactions to specific music.
5. Music is emotionally charged and can bring up strong feelings.
6. Music can carry possible risks. Use with intention and awareness.

## Breathing

Breath is powerful for connecting with people in a caring capacity. Breathing together can create a calming effect.

