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## **INTERGENERATIONAL MUSIC THERAPY: BRIDGING THE GENERATIONAL GAP THROUGH COMMUNITY-BASED MUSIC MAKING**

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### **Introduction**

Intergenerational programming is mutually beneficial for participating generation groups. Children and older adults involved in intergenerational activities demonstrate improved attitudes toward, and interaction with the opposite age group (Belgrave, 2011; Isaki & Harmon, 2015). Older adults also demonstrate increased physical activity/function, intellectual ability, and improvements in areas related to quality of life (Sakurai et al., 2016). Despite these documented benefits, there is a large gap in intergenerational research due to a limited number of studies that examine effects across multiple domain areas, and even fewer that are music-based. Therefore, the purpose of this study is to identify the effects of an intergenerational music therapy program on children's literacy, older adults' physical functioning and self-worth, and interactions between the two age groups.

### **Method**

Participants of this study are three-year-old children from a university-based child care setting and older adults from a senior living facility, some of whom have cognitive impairments such as Alzheimer's disease, dementia, and Parkinson's disease. The experimental group will participate in 30-minute, semi-weekly music therapy sessions following a consistent format:

1. A gathering activity (10 minutes) using an original transition song to orient the participants,
2. A signature greeting song (3 minutes) to promote intergenerational interaction,
3. Non-locomotor and locomotor movement (5 minutes) to improve adults' physical functioning,
4. Instrument Play (5 minutes) to promote intergenerational interaction,
5. Storybook singing (5 minutes) correspon-

- ding to the storybook of the day to improve children's literacy skills,
6. Storybook reading (5 minutes) to improve children's literacy skills (see Figure 1), and a
  7. Closing/goodbye activity (7 minutes) using a signature "goodbye" song to promote intergenerational interaction.

This study was approved by the Institutional Review Board at the researchers' university.



Figure 1. Storybook reading.

## Results

Preliminary results, a program evaluation, and future recommendations will be shared during the 15th World Congress of Music Therapy in Tsukuba, Japan.

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