

Service Details: Music Therapy with Apex Harmony Lodge

Service Type	Service - Local
Service Sub Type	Local
Service Name	Music Therapy with Apex Harmony Lodge
Event Days	Friday
Event Time	3:10 - 5:00pm
Gender	Mixed
Seasons To Commit	Season 1, Season 2, Season 3, Season 4
Grades	Grade 9, Grade 11
Max No. of Students	10
Lead Teacher	LODEMEL, Eivind
Other Teachers	NA
Venue	Off-Campus: 10 Pasir Ris Walk S (518240)
Planning Weeks Location	A107
Service Country	Singapore
Description	<p>This Service partners with Apex Harmony Lodge to enable people with dementia to lead meaningful lives. In 2015, Institute of Mental Health Singapore, estimated that one in 10 elderly aged 60 years and above may have dementia, in 2018, this was estimated to 82 000 people and is expected to exceed 100,000 in a few years. Working with dementia clients helps reduce stress and anxiety for our clients. This will empower them to be more independent and enables them to live with respect and dignity. Music therapy is a scientific approach to using music as a part of medical treatment. When applied properly, music therapy can help temporarily trigger memory in patients with Dementia and Alzheimer's. It can help improve communication and motor skills and have a positive impact on mental health. Students will work with a trained music therapist at Apex in order to understand the science behind this form of treatment. The Friday Music Therapy session will focus on practical approaches so prior musical experience is recommended, however, students who are interested in music and willing to learn are also invited to join the service.</p>
Additional Information	<p>For additional information, please go to http://www.apexharmony.org.sg/</p>