MUSIC THERAPY PROGRAM FOR OLDER ADULTS: A GRANT PROPOSAL

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INTRODUCTION

PROBLEM

- Aging individuals in California has greatly increased
  - 18.1% increase for those 65 years and older
  - 41.2% increase for those 85 years and older (Werner, 2011)
- 6.5 million older adult Americans may encounter depression (National Alliance on Mental Illness, 2009).
- In a study, 18% of adults in America were diagnosed with anxiety within a 12-month period (Kessler, Chiu, Demler, & Walters, 2005).
- Long Beach is in need of more services and programs that enhance the quality of life and mental health of older adults, especially in regard to depression (City of Long Beach, 2005)

GOALS

- Create a music therapy program for older adults in Long Beach
  - To promote positive and lasting changes in the well-being and quality of life of older adults.
- Older adults engaged will experience:
  - Lower levels of depression
  - Lower levels of anxiety
  - Increased quality of life
**SOCIAL WORK RELEVANCE**

- Rapid growth of older adults has demographics changing constantly
  - Social work services, interventions, and tools need to adapt to such changes (American Psychological Association, 2004)

- Social workers need to be updated and educated on innovative and effective interventions to promote successful aging

- Grants can be written by social workers to obtain funding to develop and implement evidence-based interventions, such as music therapy, to meet needs of older adults
Music therapy with older adults has been effective throughout the world (Clements-Cortés, 2014).

Cultural consideration during music therapy makes participants feel more comfortable (Molloy & Darrow, 1998).

Music therapy can help with cross-cultural understanding because it allows participants to confirm their identity and improve their feelings of worth (Shapiro, 2005).

- Culture helps to build rapport between therapist and participant.
METHODS

TARGET POPULATION

- Older adults 65 years and older in the Long Beach area
  - Experiencing depression and/or anxiety
  - Open to those regardless of ethnicity, races religion, sexual identity and socioeconomic status

- Participants can engage in group by
  - Receiving services through Jewish Family and Children’s Service-Long Beach
  - Self-referral
  - Attends Alpert Jewish Community

STRATEGIES USED TO IDENTIFY & SELECT A FUNDING SOURCE

- Internet search for funders on multiple levels
  - Federal
  - State
  - Local

- Visited One OC Non Profit Services-Santa Ana, CA
  - Utilized Foundation Center Software

- Search terms used throughout: “older adults” “music therapy” “arts” “aging” “program development”
IDENTIFICATION OF FUNDING SOURCE

- **Eisner Foundation**
  - Mission: Support and fund program/services that help the population of disadvantaged children and those who are aging
  - Funds Southern California organizations that provide older adults with lasting change and eliminates problems they are facing

SOURCES USED FOR NEEDS ASSESSMENT

- Information gathered from:
  - National Alliance on Mental Illness
  - National Institute of Mental Health
  - Alzheimer’s Association
  - California Health Interview Survey
  - JFCS

PROJECTED BUDGET RANGE

- Personnel+Program Cost+Indirect Program Cost=$17,263.23
GRANT PROPOSAL

PROGRAM SUMMARY & DESCRIPTION

- 12 music therapy groups will occur annually
- Music therapy groups will meet for 1 hour weekly for 8 weeks (10 participants per group)
- Music therapy group will consist of:
  - Session 1: Sharing taste in music, then creating lyric books and CDs with popular songs chosen by participants
  - Sessions 2-7: Each session will begin with participants playing a song with percussion instruments and singing, and end with reminiscence of what songs remind them of or other topics of discussion the activities may bring up.
  - Session 8: Group members will host a concert for friends and family performing songs they learned to sing and play instruments for

POPULATION SERVED

- Older adults 65 years and older experiencing depression and/or anxiety
  - Self-referral
  - Referral from other agencies
SUSTAINABILITY

- Part time social worker will outreach to social service agencies to encourage making referrals to have enough music therapy group participants
- Music therapy groups will continue as long as funding is provided
- Program evaluation will produce effective results to increase chances of getting re-funded

PROGRAM OBJECTIVE

- To serve 120 adults within a single year by providing 12 music therapy groups that will last for 8 weeks

PROGRAM EVALUATION

- Outside evaluator will be hired
  - Pre/post standardized Beck’s Depression Scale and Hamilton’s Anxiety Scale will be administered to assess change in levels of depression and/or anxiety
LESSONS LEARNED/IMPLIEDATIONS FOR SOCIAL WORK

LESSONS LEARNED

- Foundation funding is easiest to search/apply for
- Funders want to read grants that are engaging, creative, and persuasive rather than academic
- Regularly check with foundation to see if funding interest/priority has changed

IMPLICATIONS FOR SOCIAL WORK

- Not a lot of studies on effectiveness of music therapy is done in US
- Social workers should research international effective interventions and use them in the US
- Social workers should advocate for music therapy to be more supported within social work field, on policy level
- Social workers should write more grants to develop more music therapy programs
REFERENCES


