



Music Therapy

Music therapy has been recognised by the NDIS for inclusion in plans under the support cluster of Therapeutic Supports. It can be delivered by registered Music Therapists (who must have a post-graduate degree) and by Therapy Assistants under their supervision.

Our daughter Emily accesses music therapy on Monday afternoons after school and she loves it, it gives her the opportunity to:

- increase her social skills and interact with others
- express her feelings, controls her emotions and makes her feel happy
- she loves to sing along and encourages her to speak using song

Her support person picks her up from school and drives her there. This is great for her communication, her verbalisation and social skills. If you can't find a support person to drive your son or daughter, you could try using a mobile music therapist to come to your home.