



THE INSTITUTE  
OF MUSIC IN  
MEDICINE

# *A Gift Beyond Words*



MUSIC IN  
MEDICAL CARE



## *How does music help?*

### **It soothes**

Fear, anxiety, emotional upset, grief and the sadness of loss can be soothed through sensitively played live music.

### **It affects the body**

Chronic and acute pain, restlessness, sleeping issues, breathing difficulties, racing heart and high blood pressure can be influenced by this live music.

### **It comforts and supports**

Families coping with the challenges of life threatening illness can be supported through the intimacy and wordless comfort of a shared musical experience with a loved one.

Individuals facing the end of their life can find solace and supportive assistance as they face life's final mystery.

### **It is often a mystery**

A feeling beyond words is often the experience of those participating in a music-vigil. The experience of love and compassion expressed musically is able to bypass all barriers.

*"It takes me away.  
It helps me so much, you have no idea."*

## *Who does it help?*

The music played is appropriate for newborn babies, young children, teenagers, and men and women of all ages.

*"You really do have a gift for touching people's hearts."*

*"Simply rest into the music."*

## *What happens?*

A highly trained music practitioner will come to a hospital or private home to play live music for a patient. The patient may remain in bed or rest in a favourite comfortable chair.

Nothing is required of them. They are invited to close their eyes and simply rest into the music.

This is not a concert that requires response or comment but is a restful, calming experience.

Sleep, deep rest and an experience of peace is often the welcome outcome.

The music is gentle and is played in such a way as to offer comfort and support. Music sessions last for as long as it seems appropriate. On average approximately 45 minutes.

*"Sleep, deep rest and an experience of peace is most often the outcome."*

## *How to obtain this service*

Contact your nurse, carer, social worker or pastoral care practitioner who will arrange a visit from a trained music practitioner, or contact The Institute of Music In Medicine directly for details.

The Institute of Music In Medicine aims to make this service at little or no cost to people receiving palliative care and those facing life-threatening illness. The service is subsidised through the generosity of donors.



*"Thank you for a very special gift today. Amazing that through your sensitivity and music you gave such strength and peace."*

Patient

*"Thank you for all you have been doing for my patients."*

Oncologist

*"We have greatly appreciated your loving gift expressed in music in such an intimate and personal way that reaches into our very souls. You have lifted us from our sadness to a higher plane of hope and beauty."*

Family



The language of music can speak directly to the heart. Within the safe, intimate atmosphere created in a music vigil, words fall away and are often no longer necessary.

*"Music begins where words end."*

*JW von Goethe*

## *About the Institute of Music in Medicine*

The Institute of Music In Medicine (IMIM) is a non-profit charity whose purpose is to support the offering of compassionate care through live music, especially to those facing life threatening illness.

A board of directors and an advisory board of skilled professionals within the community manage the IMIM. It complies with all the requirements of a non-profit charity as determined by the ASIC. For further information please see [www.imim.com.au](http://www.imim.com.au)



We are grateful to the many families, individuals and charitable foundations for their support including:

- Annie Danks Trust
- Geelong Community Hospice Inc
- Geo. Adams Tattersall's Foundation
- Grenet Foundation
- United Way Geelong
- and the many private donors.

*"It's not just the music,  
it's the love that goes with it."*



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