

For more information, contact:

Hannah Hoffman, MT-BC
Music Therapist - Board Certified

Hannah Hoffman is a board-certified music therapist and the owner of Remedies in Rhythm LLC, based in northern Michigan. Driven by a passion for integrating music therapy into her community, she has built a thriving practice that serves individuals throughout the region. Recently, she expanded her reach by opening a clinic space in Alanson, MI, where she provides therapeutic services to a diverse client base. Hannah is honored to bring this unique and impactful service to the northern Michigan Community.



WHAT WE DO



INDIVIDUAL SESSIONS

Our individual music therapy sessions are conducted in-person and virtually anywhere to enhance emotional wellness, foster resilience and coping, and create meaningful connections through the power of music therapy.

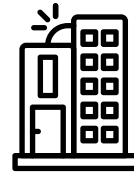


GROUP SESSIONS

We offer unique group programs and partner with local organizations to provide group services to clients of all ages and abilities.

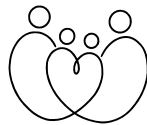
FACILITY PARTNERSHIPS

We collaborate with facilities throughout northern Michigan to deliver individualized programming that enhances the well-being of all individuals. Our services include individual and group sessions tailored to the unique needs of each partner.



LEGACY BUILDING

We help families create lasting memories through Heartbeat Recordings and Heart Songs - timeless works of art that endure for generations. By capturing a loved one's heartbeat, we craft unique recordings and songs that keep their presence alive through music.



CONTACT US



6232 River St, Alanson, MI 49706



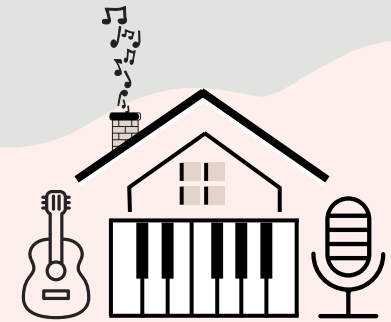
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remediesinrhythm.com



REMEDIES IN RHYTHM

Music Therapy | Adaptive Lessons

MUSIC THERAPY AND DEMENTIA CARE: OLDER ADULTS LIVING WITH MEMORY DISORDERS





WHAT IS MUSIC THERAPY?

Music therapy is a clinical and evidence-based practice where music is used to address physical, emotional, cognitive, and social needs. In dementia care, music therapy can:

- Stimulate memory recall
- Improve mood and reduce anxiety
- Enhance communication skills
- Foster a sense of identity and self-expression
- Promote social interaction and connection

WHY MUSIC THERAPY FOR DEMENTIA CARE?

For individuals living with memory disorders, music therapy offers a unique way to connect and communicate. Research shows that music:

- Engages areas of the brain less impacted by dementia
- Triggers emotional memories and positive responses
- Provides comfort and a sense of familiarity
- Encourages participation and engagement even in advanced stages of dementia

OUR APPROACH

Our music therapy sessions are tailored to the needs and preferences of each participant. We use techniques such as:

- Singing familiar songs: helps evoke memories and improve language skills.
- Playing instruments: encourages fine motor skills and creative expression.
- Movement to music: supports physical activity and coordination.
- Music listening: provides relaxation and stress relief.

BENEFITS OF MUSIC THERAPY

For older adults living with memory disorders, music therapy can:

- Reduce agitation and improve emotional well-being
- Strengthen family bonds through shared musical experiences
- Maintain cognitive functioning and quality of life
- Foster a sense of purpose and joy

WHO CAN PARTICIPATE?

Music therapy is beneficial for individuals at all stages of dementia. Whether they are at home, in assisted living, or in long-term care facilities, our sessions can be adapted to suit their needs.

JOIN US

Discover the healing power of music for you or your loved one. Our music therapy programs are:

- Accessible: Sessions available in group or one-on-one formats.
- Personalized: Tailored to each individual's musical preferences and abilities.
- Compassionate: Led by experienced, board-certified music therapists.

EMPOWER YOUR LOVED ONE TO CONNECT, EXPRESS, AND THRIVE THROUGH THE UNIVERSAL LANGUAGE OF MUSIC.

