App Your Finger Tips:

Music Technology in Client Care

John Mews, NMT, MFTI
Neurologic Music Therapist
Marriage and Family Therapy Intern
Founder and Owner - Mewsic Moves
John Mews  NMT, MFTI

- **BMT 2004**
  Capilano University, Vancouver, BC

- **Mewsic Moves**
  2004-Present
  Private Practice

- **Masters in MFT  2011**
  San Francisco University

- **NMT 2017**
  Neurologic Music Therapy Training
Technology and Healthcare.

- We have quickly moved into an area of utilizing technology in many healthcare professions and facilities.

- Just 10 years ago most health care professionals wrote their client charts via pen and paper by hand. I did!

- “By the end of 2017, approximately 90% of office-based physicians nationwide will be using electronic health records”. Practice Fusion Blog
Most MTs prefer to utilize live music.

Approximately 71% of music therapist use technology in their practice.
(Nicole D. Hanna et. al. 2012)
Portland Startup Makes Music Therapy App To Help Stroke Survivors Walk Again

“A Portland-based startup tech company is developing a new device that’s designed to improve mobility in people who’ve had strokes by retraining the brain to walk again, using the music of their choice.”

“We’re a digital medicine company that is using sensors and artificial intelligence and music to build products based in neuroscience to help people improve walking,”

Neurologic Music Therapist - Brian Harris

Read article here:

http://mainepublic.org/post/Portland-startup-makes-music-therapy-app-help-stroke-survivors-walk-again#stream/0
My purposes for technology

- New and exciting
- To connect
- To create
- To record
- Cool factor!
- Speed & Efficiency
- Adaptive Device
- Reward
3 Main Categories:

1- apps for children
2- apps for teenagers
3- apps for adults/elderly
Apps for Children:

- Garage Band
- Guitar Elite
- Smule - Sing
- Baby Chords
Smule - Sing

- Applicable for all ages
- Free version with upgrades available for purchase
- Similar to karaoke
- Free song and downloadable songs
- Children especially love to sing and watch their vocals move on screen
- Can be used for clients working on speech and language skills, breath control, self-esteem, ADHD, ...

● Each user creates their own profile
● Acts like a social media platform where you can connect and share music with others
● Channel - can choose favorites
● Songs - can store and save favorite songsbooks
● Invite - can interact, share and watch other users performances
● Thousands of free songs
● Purchase and buy new songs to add to your song list
● Search by - popular, trending now, artist, and music genre
● Rank or “like” the tracks
● Feed - can watch others or invite others to join you in a duet or group song.
● Can also upload and post videos to various social media sites, share links or email
It's a recording studio in your pocket

Choose from millions of songs

Sing with major artists
Can you think of any clients or client needs that would benefit from this app?
App for Teens:

- Garage Band
- Beat Maker Go
- Smule - Rap
- Mustar
- Funimate
- Simple Music
- Guitar Elite
Beat Maker Go - Electronic percussion app

- Applicable for all ages
- Create basic percussive track to rap, beat box or sing over
- Free style
- Teens especially enjoy this app
- Combine movement and vocals to increase mobility, refine agility, and self-expression

Choose from various soundpacks
Over 90 sound packs to choose from
Some free pack other are paid

Over 30 pad beat variations
Can play automatic tracks from right
Can manipulate tracks from left
- Can alter the tempo
- Metronome

- Recording options
- Can add voice to recording

How would you find this app useful at your facility?
Apps for Adults or Elderly:

- Garage Band
- Smule - Sing
- Real Guitar
- Guitar Elite
Tao Mix 2 - Creating Your Own Relaxation Music

● Applicable to all ages
● Mindfulness
● Can be utilized as a distraction or relaxation music during procedures and/or agitation
● Pain management
● Ambient background music
● Useful for clients with anxiety, PTSD, insomnia, ADHD, ...

- Free “essential” pack
- Additional packs for purchase
  - camping on summer night, Tibetan monastery, etc.

- Choose sounds by category: birds, animals, rain, water, thunderstorm...
- Sounds appear on screen
- White circle freely rotates
- Control various sounds by moving the sphere

- Set a timer for the track to shut off
- Speed control: slow to fast
- Can name and save tracks
Can you think of any clients that you currently work with that would benefit from this app?

If so, how do you think they would benefit?
Garage Band

- Applicable for all ages
- Uses smart time - keeps everyone in time
- Auto play options
- Instrument choices - piano, drums, guitars, bass, strings and vocal recordings
- Useful for most client needs, to create, record and improvise music
- Can also be used as an adaptive device for clients with mobility, neurologic and/or dexterity challenges

- Choose from various instrument choices
- Allows for easier playing with smart touch
- Can alter the speed, key and sound options
- Smart touch makes playing these instruments easy for non-musical clients
- Can strum or pick each string
- Can automate, 4 options of various rhythm and bass styles - perfect timing!
- Switch from chords to single note
● Add vocals to tracks
● Can alter and edit overall recordings
● Loops - pre-recorded rhythm loops - by genre
● Upload your own audio files to add vocals or music to
● Options - metronome, keys, save and forward to email
Do you have a client in mind that you think garageband would be beneficial in their care?
Additional Apps - Children

Finger Drums

View video:
https://youtu.be/m9APM3pCgyc

Musical Paint for Kids

View video:
https://youtu.be/xGCWU6ET5R0

Baby Chords - ABC Music Learning

View video:
https://youtu.be/T_jxJtxKjok
**Additional Apps - Teens**

**Finger Piano Plus**

View video:
https://youtu.be/TJlTeNoEiso

**Magic Piano Smule**

View video:
https://youtu.be/FEbQC6UBnps

**Mustar**

View video:
https://youtu.be/vzIaUiiBKrcs

**Funimate**

View video:
https://youtu.be/nYzPTxBzsnk
Additional Apps - Adults/Elderly

**Har.mo.ny 2**

View video:
https://youtu.be/uR5-WwhovYY

**Guitar Elite**

View videos:
https://youtu.be/lyL1D77h1PQ
https://youtu.be/jiS0RYb6-h4
Additional Apps - General Music

Mini Piano

Pan Flute

Real Percussion - Drum Pads

Harp

One Song
Thank you for joining me!

I hope you have been inspired to use music apps with your clients and in your care facilities.

Questions?
Let’s be Social!

Facebook - https://www.facebook.com/mewsicmoves/

Instagram - https://www.instagram.com/mewsicmoves/

Email - john@mewsicmoves.com

Website - www.mewsicmoves.com
References:

