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Title: Artful Wellness: Attending Chamber Music Concert Reduces Pain and Increases Mood and Energy for Older Adults

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Title Page

Artful Wellness: Attending Chamber Music Concert Reduces Pain and Increases Mood and Energy for Older Adults

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Highlights

- Chamber music concerts offer benefits to older adults
- Statistically significant changes in pain reduction pre- to post-test
- Statistically significant changes in increased mood & energy pre-to post-test
- Psychosocial benefits included: engagement, enjoyment, meaning, & connection.
- Music therapist consultation for performers was crucial in the success of concerts

Abstract

The purpose of this study was to examine the experience of providing professional chamber music to cognitively intact and cognitively impaired older adults in various long-term care and community settings. A total of 30 concerts involving 4 types of chamber music performances were prepared and offered to the participating facilities over a 6-month period. 3 participant groups were involved in the data collection: performing musicians, staff at the long-term care and community centres, and older adults. Data were collected via surveys of the 3 participant groups, pre- and post- tests of

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