



Toowoomba Music Therapy Services

The Rainbow Choir – Information & Terms of Service

Policy / Procedure / Document	Version	Date
5.2.1.2.2 Information & Terms of Service The Rainbow Choir	1.0	11/07/2021

Music Therapy & Rainbow Choir

The Rainbow Choir is an engaging community music therapy program offering a choral experience for people of all abilities. It is also a therapeutic experience for individuals within a group context. The choir provides normative social activity, opportunity and challenge for people experiencing physical, developmental and psychosocial difficulties which may present as a barrier to effective engagement within a formal or demanding environment.

The Rainbow Choir is purposefully conducted by a registered music therapist rather than by a music teacher or conductor in order to provide appropriate and safe responses to the needs and abilities of those attending.

Music therapy is a research-based allied health profession in which music is used to actively support people as they strive to improve their health, functioning and wellbeing. Music therapists are musicians who have trained at university to understand how music can have an effect on behaviours, on how people feel and how people think.

Music therapy has been recognised by the NDIA for inclusion in funded support plans under the support cluster of Therapeutic Supports - provided to assist the participant to apply their functional skills to improve participation and independence in daily, practical activities in areas such as language and communication, personal care, mobility and movement, interpersonal interactions and community living.

For more information on Music Therapy please visit www.austmta.org.au

The Music Therapist

Music therapist Rob McGrigor is registered by the Australian Music Therapy Association since 2007 and has an extensive background in health and education spanning over 30 years including ambulance paramedicine, general and psychiatric nursing, early childhood & special education and developmental children's music.

Maintaining music therapy, nursing and teaching registrations, Rob currently specialises in music therapy in the areas of early intervention, emotional regulation, special needs across the lifespan, adolescent mental health and community music for wellness.

Rainbow Choir Format

The Rainbow Choir has been offered from 3:15pm to 4:45pm on Monday afternoons during school term including pupil free days, excluding public holidays. The choir is currently held in the Zoom online platform and from time to time at in-person performance settings as advertised. Participants attend with a responsible supportive and participatory adult if they are under 18 years and/or if they require any assistance for participation and cares. This arrangement is essential as it is not possible to moderate what participants may share in a 'live' environment.

Regular community performances include a performance at the Toowoomba City Library in September for Disability Action Week, a performance at the Breaking Free Concert at the Toowoomba Golf Club for Mental Health Week and an end of year concert for families. More recently, the choir has been conducted via the Zoom online meeting platform to ensure public health compliance and safety during the COVID-19 Pandemic.

Conditions of Attendance

Please Note: The Rainbow Choir is conducted by a sole therapist. There are no support staff employed. It is a condition of attendance that during both face to face and telehealth/online session:

- Participants under 18 years and / or requiring any form of assistance for participation and cares will attend with a responsible supportive adult / carer. This requirement is extended to the online environment.
- Attending carers provide all necessary cares and take the role of 'competent peer', taking part in, modelling and supporting choir activities to maximise participant interaction and benefit.
- The attendance register (for face to face sessions) must be completed for all attending for fire safety and accurate documentation purposes. Please allow yourself to be identified when using Zoom.
- When attending face to face sessions, whilst the session commences at 3.15pm sharp, to ease traffic congestion we are asked by the school Principal not to arrive at the school before 3.00pm

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Cost

There is currently no charge for attendance. During 2021, Rainbow Choir Participants are invited to attend the Rainbow Choir without cost.

A summary report incorporating sessional engagement, observation and participant / family interview may be requested per the contact details below. This report would be eligible for funding under the NDIS supports schedule service item 15_056_0128_1_3 Assessment, Recommendation, therapy And/Or Training (Incl. AT) – Other Therapy. This report may be useful especially at time of NDIS Plan review as it may highlight assessment and referral data gained through music therapy experiences and observation as provided by a multidisciplinary therapist. Reports for the Rainbow Choir will be provided for the 2021 year at a unit cost of 1 hour at the provider's hourly service provision rate, currently \$170 and subject to indexation. Please note that this rate is significantly less than is chargeable under the NDIS Price Guide and is offered at half the therapist's usual rate for program reporting.

N.B. GST is not payable on clinical programs funded by NDIS and where provided through a service agreement.

Music Therapy Goals

The Rainbow Choir seeks to provide participants with a normative community experience, assisting to build capacity for daily living and community access. A wide range of goals may be addressed both in group context and individually over time during personalized interactions with the therapist related to: communication and expression; psycho-social goals including personal identity, self-confidence and self-esteem; emotional regulation; socialization; movement and coordination. Music therapy goals extend to include building of capacity for attending Carers which serves to extend program effect and value.

These include opportunities to develop:

- Decreased isolation and increased social engagement
- Communication and self-expression, including vocalization, projection, phonation, prosody & intonation
- Supported and interpersonal interaction
- Instrumental learning
- Fine and gross motor planning and control
- Choice and control
- Self-confidence and self-esteem

Program Interventions, Supports, Strategies

Music therapy relies on evidence-based and best practice, drawing from music therapy, education and psychological literature to provide creative experiences and embedded opportunities for development.

Specific supports offered in the choir include:

- Vocal education and warmup activities
- Use of Kazoo for stimulation and sound production awareness
- Scaffolded use of microphone to assist expression, phonation, projection and confidence
- Song singing and karaoke
- Individual and part singing in choral groups
- Supported social interaction & dance
- Performance and video review
- Movement to music (dance) to facilitate mood identification, vocalization, emotional release
- Rote learning support through therapist-created audiovisual resources for home use
- Instrumental learning (glockenspiel/ukulele)

Responsibilities of the Provider

The provider agrees to:

- provide therapeutic, developmental and/or wellness-oriented supports as outlined above and within the service request
- treat the participant with courtesy and respect
- protect the participant's privacy and confidential information

Responsibilities of the Participant / Participant's Representative

The participant/participant's representative agrees to:

- treat the provider with courtesy and respect
- attend in the presence of a responsible participatory adult if under 18 years or requiring care in any form in all settings including the online environment

Feedback Complaints and Disputes

If the participant or representative wishes to give the provider feedback, the participant can speak with or use or request a copy of the accompanying complaints form. These are available from *Rob McGrigor of Toowoomba Music Therapy Services on mobile 0419 644 058, by email robmccgrigor@optusnet.com.au or by mail at PO Box 18053 Clifford Gardens QLD 4350. Contact with NDIS Advocacy groups is supported and encouraged.* Unresolved issues can be discussed with NDIS Quality & Safeguards Commission on 1800 035 544.

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Intellectual Property

Intellectual property utilized, written for or adapted for use in the provision or evaluation of music therapy and community music programs may be under licence or otherwise remain the property of the artist or provider respectively. Musical ideas and lyrics written and/or adapted by the therapist will remain property of the therapist for generalisation to other settings/purposes. Recorded works provided to participants will be under licence for their personal and therapeutic use.

Audiovisual Recording

The therapist may make still and motion audiovisual recording for use in by participants during or following sessions and, for documentation, attendance recording, evaluation and planning purposes only. A separate register would be maintained to gain consent for audiovisual recording in the event that recordings were to be used for other purposes i.e. promotions. The therapist's registering body's Code of Ethics would require further individual consent be individually requested should the therapist wish to utilise recordings for research purposes.

Online Access & Telehealth

As a means of continuing to provide music therapy services where participants are adversely affected by health restrictions or geographical location, the music therapist has identified a number of telehealth platforms which would enable sessions to continue via the internet. These include 'doxy.me' for confidential access for individuals and small groups and 'Zoom' for larger and community programs.

The therapist is obliged to protect your privacy and security under the Privacy Act 1988 and has selected the above services for this reason however, due to the nature of all internet-based services, absolute security cannot be guaranteed. The therapist will strive respect your rights. You have the right to ask as many questions as needed to understand this system. You have the right to choose to use the system, and to withdraw your consent verbally or in writing at any time.

Login to The Rainbow Choir Online

Whilst at any time social distancing precludes face to face sessions, the Rainbow Choir may be accessed online via the Zoom Online Meeting platform. The therapist subscribes to the professional version of this platform, allowing for data encryption to assist in maintaining confidentiality and uninterrupted connection for up to to 100 participants.

Participants may log-in to the Choir on any mobile device or computer that has Wifi, camera and microphone access, by entering the URL (web address) and meeting code advertised on contact details page the therapist's web site, found online at <https://www.toowoombamusicttherapy.com.au/contact>

Participants may be kept up to date by following Rob's Facebook page at www.facebook.com/therainbowchoirtoowoomba



[Signature of authorised person from provider]

Current at July 2020

[Date]

Rob McGrigor RMT J.P. (Qual)

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Registered Music Therapist

Neurologic Music Therapist

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