



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	1.6	25/04/2024

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 40 years including ambulance paramedicine, general and psychiatric nursing, early childhood & special education and developmental children's music.

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

During 2024 the Rainbow Choir will be offered from 3:30pm to 4:30pm on Monday afternoons during school term including pupil free days, excluding public holidays, as far as Rob will be available. The choir is currently held at the Rose Garden in Newtown Park, Pottinger St Newtown. During poor weather, and on all occasions for those who may not be able to attend in person, the Rainbow Choir is also broadcast using the Zoom online meeting platform. Participants and their representatives agree to 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.

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 ensure safety in the both face to face and online environments.
- 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 (displaying participant name) when using Zoom.

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Cost

There is no charge for attendance. Rainbow Choir Participants and support staff and family members are all invited to attend the Rainbow Choir without cost.

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 a complaints form. These are available from Rob McGrigor of Toowoomba Music Therapy Services on mobile 0419 644 058, by email at admin@toowoombamusicttherapy.com.au or by mail at PO Box 18053 Clifford Gardens QLD 4350. Whilst the Rainbow Choir is provided as a free service, both anonymous and identified 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 only.

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 of talent consent is maintained for use of recordings and images in social and other media presentations including those presented within professional groups. The therapist's registering body's Code of Ethics would require further consent where individual participants are invited to be included in research activities.

Online Access & Telehealth

The Rainbow Choir remains available on the Zoom online Meeting Platform for those participants who may be unable to attend in-person meetings.

Whilst the therapist is obliged to protect your privacy and security under the Privacy Act 1988 however, due to the nature of all internet-based services, it must be acknowledged that absolute security cannot be guaranteed. Your assistance is then requested to ensure that vulnerable participants accessing the online portal have the assistance of a responsible and participatory adult.

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

During poor weather and 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 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.toowoombamusictherapy.com.au/contact> and www.facebook.com/therainbowchoirtoowoomba

Log-in details will generally be in the format of a ten digit ID number and a 6 digit Password beginning with zero and comprising the term number and year. i.e. 012023.

These details are updated on the provider's website and Rainbow Choir Facebook pages as listed above



[Signature of authorised person from provider]

Current at April 2024

[Date]

Rob McGrigor RMT J.P. (Qual)

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