



Multicap is a not-for-profit organisation supporting individuals of all ages living with disability. Operating for almost 60 years, Multicap is one of the most highly regarded disability service providers in Queensland and northern New South Wales offering individual and group activities, supported employment, short-term accommodation (respite), social support and much more.

### Multicap's Sole Purpose

The quality of life of people with disabilities and their families is enhanced by our support



#### VISION

To be the leading source of creative and sustainable support options for people with disabilities, particularly those with high and complex needs and their families.



#### STRATEGIC CAPABILITIES

- Always centred around the person
- Integrated into local communities
- Growth in services is sustainable



#### VALUES

- Assists people to achieve their goals
- Maintains transparency and integrity
- Encourages self and systemic advocacy
  - Commits to a sustainable future
  - Invests in a learning culture for staff
- Promotes self-determination, privacy and dignity

For more information on local services  
phone 1300 135 886  
or visit [www.multicap.org.au](http://www.multicap.org.au)



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Eight Mile Plains, QLD 4113  
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#### OUR OFFICES

Brisbane  
Gold Coast/Tweed Heads  
Sunshine Coast  
Central Queensland  
Toowoomba  
North Queensland



## MUSIC THERAPY



# HARNESSING THE POWER OF MUSIC

**Music Therapy is a research-based practice in which music is used to actively support people to improve their health, functioning and well-being within a therapeutic relationship.**

At Multicap, your music therapy program will be specifically designed to support you to meet your communication, physical and social goals. The program also heavily focuses on providing positive and pleasurable musical experiences supporting individuals in self-regulation and as an emotional outlet.

Some of the benefits of music therapy include:

- Improved functional communication skills
- Emotional outlet/regulation and creative expression
- Maintained or improved gross and fine motor skills
- Increased social and interpersonal skills
- Developed body spatial awareness
- Cognitive and sensory stimulation
- Improved attention and engagement

# COME AND PLAY ALONG

Music therapy is recognised by the National Disability Insurance Agency (NDIA) for inclusion in funded support plans as Therapeutic Supports under Support Category 3.15 – Capacity Building - Improved Daily Living Skills.

Our music therapy programs are facilitated by qualified music therapists who are registered with the Australian Music Therapy Association. Registered Music Therapists are allied health professionals and are bound by a code of ethics that inform their practice.

