Toowoomba Music Therapy – Summary of Services

Including NDIS-approved individual & group early childhood intervention & therapeutic supports to improve daily living

- AMTA-registered music therapist Rob McGrigor draws on extensive experience in ambulance paramedicine, early childhood & special education and general & mental health nursing
- NDIS-related, personal and allied health goals realised through enjoyable musical experiences
- Individualised, evidence-based musical interventions link goals, activities/interventions, preferred music and therapeutic dialogue facilitating opportunities for development and rehearsal of skills, strengths and strategies to build capacity & improve daily living

(See brief examples linking focus groups, outcomes and interventions below)

Children's Hospital

*Decreasing isolation *Distraction / pain management *Developmental milestones *Anxiety reduction

Disability & Special Needs

*Normative activity, success, esteem *Communication & expression *Focused strengths & personal, identified or NDIS-stated goals *Decreased isolation

DRUMBEAT ®

(education, mental health, residential & corrections) Group development *Relationships * Teamwork * Resilience

Early Childhood **Intervention <6vrs**

*NDIS-identified Goals *Pre-academic& social skills *Attachment & safety *Communication §

review therapeutic

instrumental affirmations

Interactions

Adolescent Mental Health *Emotional regulation

*Expression *Adjustment *Coping *Personal affirmations

Early Years

(Early childhood development eaching community

-One off /continuing visits) *Early learning through music *Pre-academic / social skills *Staff capacity building

performance

relaxation

expression

Sening Adult Mental Health

* Grief & Loss *Emotional regulation *Coping *Personal affirmations *Community recovery focus

Playgroup

(Early childhood development One off or continuing visits) *Early learning through music *Playgroup facilitator support *Parent & child enjoyment *Parenting / bonding support

Older Persons

* Arousal moderation *Stimulation & orientation *Decreased isolation & maintenance of personhood *Vocal & physical exercise in degenerative and vascular conditions

· Appointments weekdays during school terms & end of year holidays

non-verbal

(Consider all session times available between 9am-9pm to ensure access to services)

• Low flat rate of \$160 for each service (intake, hourly sessions) Reports \$320

(Shared costs for small groups booking together)

- Home studio in Newtown, Toowoomba
- No travel charges for programs conducted within 50km of Toowoomba CBD

(Further details overleaf)

Contact: Rob McGrigor RMT A.Dip.App.Sc.,B.Nurs.,G.Dip.Ed(EC).,MMusThy.,MMHN.

Toowoomba Music Therapy Services Services ABN 90 174 096 855 NDIS Provider No 4050 002 481

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- Australian Music Therapy Association registered music therapist
- Participant & carer focus, person-centred & family-centred programs
- Planned, ethical, creative evidence-based musical interventions & opportunities for development and rehearsal of skills, strengths and strategies to build capacity & improve daily living
- NDIS-related, personal and Allied Health goals

Music therapy is a research-based practice and 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.

In a music therapy session people might sing, play instruments, dance, write their own songs and record them, perform, listen and talk about music. Some of the places music therapists work include schools, day services, community centres, hospitals and in people's homes. Music therapy sessions might be individual or in a group. Informed by research but uniquely tailored, creative and motivational in approach, music therapy works in parallel with other allied health professions in areas such as language and communication, motivation, empowerment and esteem, self-concept and personal care, mobility and movement, social behaviours and interpersonal interactions, each assisting participants to apply functional skills and build capacity to improve participation and independence in daily, practical activities, positively impacting community living.

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. In addition, where music therapy is not specifically identified as a support under capacity building, the NDIA has confirmed that participants are able to work with their budget to source the best therapy related supports to achieve their capacity building goals. Participants are then encouraged to argue for inclusion of music therapy and related supports in their NDIS Plans.

Registered music therapist Rob McGrigor is registered by the Australian Music Therapy Association 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.

Toowoomba Music Therapy Services – Fee Schedule N.B. No GST applies to clinical programs under NDIS funding & service agreement					
Support / Service Item	NDIS Code	Group Size & Individual Cost			
		1	2	3	4
Individual Therapy - All Ages	15_056_0128_1_3	\$160	n/a	n/a	n/a
Group Therapy - All Ages (group size up to 3)	15_056_0128_1_3		\$80	\$60	n/a
Individual Specialised Early Childhood - 0-7yrs	15_005_0118_1_3	\$160	n/a	n/a	n/a
Specialised Early Childhood 0-7yrs (group of 3-4)	15_005_0118_1_3		\$80	\$55	\$40
Intake (assessment, care plan & service agreement)	a/a per group type	\$160	\$160	\$160	\$160
Report (on each occasion as requested)	a/a per group type	\$320	\$320	\$320	\$320
Non-clinical programs - flat hourly rate, no size limit	non-NDIS	\$160	Plus GST		
Clinical reporting - onsite notes - flat hourly rate	non-NDIS	\$160	Plus GST		
Travel in excess of 100km round trip from Toowoomba CBD charged @ \$0.75c/km	a/a per group type	100%	50%	33%	25%

N.B. Group sizes are listed according to NDIS guidelines.

NDIS participants sharing goals may alternate as program peer may extend program duration & share costs equally Grey italics show alternate group sizes and prices for self-managed groups

Availability: Flexible hours on weekdays during school term and last 4 weeks of end of year school holidays. Please note that music therapy bookings are currently in high demand and afternoon session times fill quickly.

Participants need to consider all regular business hours in order to access programs

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