

MEDIA RELEASE

DATE

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Music unlocks Memories and Promotes Calm for Aged Care Residents

Heywood Rural Health residents are experiencing a new level of calm and connection thanks to a monthly Sonic Harmony Sound Relaxation program, generously supported by United Way Glenelg Lewis Court Fund.

Led by qualified Sound Therapist Laurelle Jasper, the sessions use therapeutic instruments such as Tibetan singing bowls, crystal bowls, percussion, and vocal tones to help create a deeply relaxing experience for participants. Each 1.5-hour session promotes emotional and physical wellbeing for residents, many of whom are living with complex health needs.

Leigh Parker, CEO of Heywood Rural Health, praised the program's impact. "It's wonderful to see our residents fully immerse themselves in the sound and vibration of the sessions. The relaxed state they enter into is quite profound – we've seen some incredible responses," he said.

One resident, a former member of the music industry, was particularly moved. "As the bowls began to hum, she closed her eyes and smiled," shared Leisure and Lifestyle Assistant, Liz Nunn.

"Later, she told us the music transported her back to her younger days– recalling the joy music brought into her life. This same resident can sometimes become agitated, but during this session, she was completely at ease."

Nicole Carr, Executive Officer at United Way Glenelg, said the program reflects the organisation's commitment to wellbeing across the Glenelg Shire.

"We're proud to support a project that delivers such a gentle, yet meaningful, experience for older residents. These sessions are not only therapeutic but also tap into treasured personal memories."

Heywood Rural Health plans to continue collecting feedback and observations throughout the year to further understand the lasting benefits of this unique program.

The sessions are inclusive and accessible, welcoming all residents regardless of mobility or cognitive function. Participation is free of charge, with the program running monthly throughout 2025.

Photo: Sound Therapist Laurelle Jasper connects with Heywood Rural Health resident Lola Schwarz.

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