



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



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ACN 084 424 493

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 that uses music to actively support people to improve their health, functioning and well-being through a therapeutic relationship.

At Multicap, your Music Therapy program will be specifically designed to support you to meet your communication, physical and social goals. Our holistic approach to Music Therapy is focused on providing positive musical experiences that provide a communicative and emotional outlet. Music Therapy at Multicap works in conjunction with our diverse range of services to provide a uniquely tailored approach to support you.

Our dedicated Music Therapy studio provides a safe, private space, and our growing team of qualified therapists can provide you with a flexible program.

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
- Improve body spatial awareness
- Cognitive and sensory stimulation
- Improved attention and engagement

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.

NOW AVAILABLE ONLINE

Multicap is pleased to now deliver Music Therapy programs online, allowing for therapeutic engagement and creativity from the comfort of your own home. With Coronavirus (COVID-19) and the need for isolation and physical distancing, now more than ever it is important to engage with others, take part in enjoyable therapeutic activities, and set and maintain routines.

Online sessions are delivered via Microsoft Teams, which is an easy to use and no-cost video conferencing platform. Microsoft Teams can be accessed by anyone with an internet connection and a mobile device or a computer. Our friendly team will support you to set this up if required.



LARA'S STORY

Lara has unlocked a new world of communication and performance with the support of Music Therapy.

A long-term Multicap customer, Lara experiences stuttering and issues with communicating. She began Music Therapy with the goal of expressing herself through voice and music.

Registered Music Therapist Queenie introduced the use of a Neurologic Music Therapy Technique – Rhythmic Speech Cueing. As sessions progressed, Lara was able to control the initiation and rate of speech by tapping a regular beat on her lap or chest.

Using this technique, Lara practised useful phrases and was able to express her needs without prompting. After 12 months of sessions, Lara displayed her new skills at the Multicap Carols event, using her confident voice to introduce herself and her act before performing several songs to an audience of hundreds.

Lara continues to enjoy regular sessions and is developing further verbal communication skills. She also has new performances planned for the year ahead.