
A LITTLE ROOM FOR YOU

Caregiver Support

**Music, gentle guided attention and connection
for caregivers and families.**

Private or group sessions | Virtual or in person

Time to pause

Gentle breathing, meditation, humming and listening, guided at a comfortable pace. Join in, remain quiet or rest.

Music with a loved one

Meaningful songs, rhythm and small gestures offer a shared experience beyond daily care. A MUSE facilitator guides the session.

TRANSITIONAL MUSIC / BEDSIDE VISITS

Live music, familiar songs and quiet companionship during illness, change or the end of life. Family members can sing, hum or simply be together. Visits fit around care and rest.

*“breathwork was associated with lower levels
of stress than control conditions.”*

Fincham et al. (2023): 12 randomized trials, 785 adults; a small-to-moderate effect on self-reported stress. Most studies had moderate risk of bias. [1]

An 84-patient palliative-care trial found better relaxation and well-being with clinical music therapy than spoken relaxation. Pain did not improve more. [2] These studies did not evaluate MUSE.

[1] doi.org/10.1038/s41598-022-27247-y [2] doi.org/10.3238/arztebl.2015.0788

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