

Music in the key of life

IT'S said old rock 'n' rollers never die, and perhaps there's a grain of truth in it.

Singing and playing musical instruments in retirement is one of the best ways to stay mentally and physically agile and Jennifer MacRitchie, from the MARCS Institute for Brain, Behaviour and Development, wants more retirees involved.

A researcher in music and psychology Dr MacRitchie wants to inspire wider access to musical activities, saying playing an instrument can improve quality of life and reduce stress for older adults.

Activities such as



TUNE IN –
Dr Jennifer
MacRitchie.

singing in a choir can reduce isolation, while playing the piano has helped stroke patients regain hand function.

Dr MacRitchie said the rehabilitating qualities of music should make it a life-long effort.

“There seems to be an idea that you can only learn to play music when you are younger,” she said.

“There’s a strong focus on musical activities for children, however, there should be as much access for retirees.

“We’re gathering the evidence to show that getting involved in music is one of the best things they can do in their retirement years.”

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