

S.H. CHIANG. *The application of music care to elderly care in Taiwan*. *Gerontechnology* 2010;9(2):275; doi:10.4017/gt.2010.09.02.174.00 **Purpose** The trend of population aging is becoming more pronounced in the world. Taiwan has been an aging society since 1993, and is projected to become an aged society by 2018. In 2008, the total population of Taiwan was a little over 23 million, with 10.4% of people over the age of 65. The life expectancy at age 0 of male and female in Taiwan is 75.5 and 82.0 years respectively<sup>1</sup>. Because the elderly population in Taiwan has increased so greatly, the physiological, psychological, and sociological health issues of elderly people have come into focus. In particular, the Taiwanese government will soon establish a system of elderly long-term care<sup>2</sup>. The elderly population is troubled most by chronic illnesses (caused by aging) and psychological disorders caused by solitary living. **Method** Designing effective activities can revitalize the physical and psychological health of elderly people. In order to decelerate physical aging, alleviate the psychological loneliness, decrease the amount of necessary medical resources and mitigate other social problems of the elderly population, I designed several music therapy activities which use Taiwanese folk songs and rhythmic aerobics to stimulate and guide the elderly participants. These music therapies help the elderly participants to better their physical and psychological conditions and develop their potential<sup>2-4</sup>. **Results & Discussion** The music therapy activities have been shown to help elderly participants to better their physical and psychological conditions and develop their potential. The Taiwanese government has sponsored the establishment of Active Aging Learning Centers (AALC) in many communities. In 2009, there were 190 AALCs in Taiwan<sup>5</sup>, and music therapy is an important activity in these centers. Music therapy contributes positively to the physical and psychological health of the elderly population and the overall social stability of Taiwan.

## References

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**Key words:** aging society, elderly, music care, Active Aging Learning Center (AALC)

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