



Autism Advisory and Support Service

"Empowering children with autism
and their families through knowledge & support"

Music Therapy with Figurenotes

"Learn to read music and play an instrument"

Figurenotes is a music notation system designed to enable people with special needs to read music and to play an instrument at a basic level, and thus to participate in meaningful musical experiences - both independently and in group settings. It was developed in Finland in the mid-1990s, and is now used in several countries in both music therapy and education settings.

The abstract, symbolic nature of traditional music notation requires considerable cognitive processing and working memory, and this can be a barrier to musical participation. In contrast, Figurenotes is a concrete, matching system using colours and shapes that enables children to "play what they see". As visual supports can be highly effective for children with autism, Figurenotes can open up new worlds of musical engagement for children with autism.

Children participating in individual music therapy sessions using Figurenotes will use stickers placed on a keyboard or piano to play rhythms and melodies using matching shapes and colours from specially adapted musical scores. They will be able to develop at their own pace and will be encouraged to play songs and pieces of their own choice. Children will also be guided into playing music with another child or in groups.

Music Therapy with Figurenotes is available to children aged from 4 years. The program is available to children who have not had any musical experience, and also those who are already undertaking music therapy and may be ready for skill development. A short assessment will determine a child's suitability.

Benefits of Music Therapy with Figurenotes include:

- Developing musical understanding
- Improving social interaction
- Learning to play a musical instrument
- Improving fine- and gross- motor skills
- Better decision making and faster cognitive processing
- Enhanced self-confidence

**For more information or to make an appointment with one of our team,
please call (02)9601 2844.**



***Autism Advisory and Support Service (AASS) has a range of therapists including
Speech Therapists, Music Therapist, Occupational Therapist,
Behavioural Therapists and Psychologist.***

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