



NAVIGATING ADULTHOOD AND IDD

Rhythmic Roots Music Therapy, LLC is starting a podcast!

[00:00:00] **Bonnie:** Hello, and welcome to the introduction episode of Navigating Adulthood and IDD. I am your host, Bonnie Houpt, um, and I am a music therapist in Denver, Colorado. So, I just wanted to do a little mini so to kind of introduce the idea of the podcast and kind of what's gonna happen. So, I had the idea to focus on Adults with IDD, which stands for Intellectual and Developmental Disabilities, because I was looking for online resources as a music therapist for this population.

[00:00:59] And what I [00:01:00] found was a whole lot of nothing, unfortunately. There are a lot of resources for children online with disabilities, there are a lot of resources for older adults and hospice groups. Um, there are a lot of resources for psychiatric settings and substance abuse. But as far as specific intervention ideas for adults with IDD, I couldn't find any.

[00:01:25] There were a lot of children. And you can't sing Twinkle Twinkle Little Star to an adult appropriately. Usually. I don't like to make, uh, general sweeping statements, uh, because every now and then, maybe it could be for an individual, but in general, adults need music that fits their age, that respects their age and respects that they're adults, who still need support.

[00:01:52] A lot of individuals with disabilities lose a lot of support after grade school and early intervention where they have a [00:02:00] lot of support and paraprofessionals and prompting and schedules and they kind of graduate and it's like, what's next? Fortunately, there are a lot of day programs and organizations providing these supports, but there's still advocacy needed for these adults with disabilities so that they can get the same opportunities as everybody else.

[00:02:20] And as a music therapist, I feel really strongly about that because I want there to be music opportunities for all. Uh, for children with disabilities, for adults with disabilities. Um, if an adult wants to make music, they have the right to. And sometimes need that extra support to make the music and to participate in music.

[00:02:42] And as a music therapist, I want to figure out how to help them as much as possible make music. So, on that note, I started talking to some other people, too, and, um, just in general, this is, um, an underserved population as far as online [00:03:00] resources. So I want this podcast to serve as a space to provide online resources for professionals that work with individuals with



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disabilities so that we can be providing the highest quality of services for these individuals who deserve it.

[00:03:16] So, the podcast will feature several guests who work with disabilities, um, work with adults who have disabilities, I should say. And um, and that's their main gig, and um, I definitely don't want to limit this to music therapy. Uh, I will talk about music therapy a lot, because that is my perspective, but I definitely want to interview all sorts of professionals who work with these amazing adults and individuals.

[00:03:42] And then I might also, uh, interview some adults, uh, with disabilities as well. I would want to make sure I have permission and all that, but, uh, we'll see. My sister actually has autism, and I haven't asked her yet, but she could maybe be a guest on the [00:04:00] show. So, little teaser there, we'll see what happens with that.

[00:04:04] But yeah, there's a need for adult resources so that we can serve them the best with age appropriate materials, and provide just wonderful resources for this population. So my plan is to release an episode about once a month. Um, look for a launch date soon. If you are interested in sharing your expertise, please email me at bonnie@rhythmicrootsmusictherapy.org which will also be in the show notes. So, yeah, that is the idea of the podcast, and just kind of my little introduction. I love working with adults with disabilities, and, um, I own my own business in Denver, and I work in some day programs, and really enjoy it. So, I kind of want to use this to get some more ideas for them to provide the best services, and then also help other professionals provide [00:05:00] the best services as possible as well, too.

[00:05:03] So I'm really excited to see what happens and what comes out of this, and um, I hope you'll tune in too, um, yeah, so that is the introduction podcast, uh, look for a launch date soon. Thanks for listening. Bye! This episode and music was produced by Bonnie Houpt. Thanks for listening!