

# THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



## WELCOME

Happy August! This month's newsletter is especially exciting! We have partnered with Wiley Smith, a board certified music therapist for this issue. Wiley has graciously volunteered to lead a virtual music therapy support group later this month. Below is an interview with Wiley to help you get to know him better!

## TIPS TO STAY HEALTHY

- Social Distancing
- Wash your hands
- Avoid Touching your Face
- Stay Active
- Get some fresh air
- Stay informed

# INTERVIEW WITH WILEY SMITH, MT-BC

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTIONS SPECIALIST

**AC: Tell us about yourself.**

**WS:** I originally studied music education and when I graduated I worked with a faith based group for people with disabilities. This started my path in music therapy. I also observed a music therapist working with a man who had a stroke and starting singing with him and transitioned into speaking. This was what made me realize music therapy is for me.

**AC: What do you love about music therapy?**

**WS:** The most important thing for me is sharing music with people. Seeing the connections people make through music. Also, how the music related to people is so powerful.

**AC: Why are you interested in running a caregiver support group?**

**WS:** I have been board certified and practicing for 5 years. I also lead a group for nurses and this made me realize how important it is to have support for caregivers. I am really excited to provide support for families and caregivers who don't get a break. People who provide care need care too.

**AC: What would you like folks to know?**

**WS:** Most people assume you have to have some sort of musical ability or talent to do this, and that is absolutely not the case. I am not here to critique your abilities but to make sure you feel the music. I don't care about how you sing, I only care that you do sing.

**Thank you Wiley Smith for doing this!**

**leading this group. This is an awesome, free opportunity for our caregivers!**



**If you are interested in the support group you can call Amber Chapman 828-278-7406 or email [achapman@hccog.org](mailto:achapman@hccog.org)**

