

Chelsea Mackinnon

Researcher, Musician, Speaker, Teacher



About Chelsea

BHSc, MA, MMIE

Chelsea Mackinnon works diligently to incorporate music into traditional healthcare settings and inspires others to join her in this journey.

As the Research Lead at Room 217 and the lead of McMaster University's Room 217 Research Practicum, Chelsea gathers evidence to show music's effectiveness as a therapeutic tool.

Chelsea teaches two interdisciplinary courses in McMaster University's Health Sciences program in which her students learn about the many applications of music in health care.

Chelsea is also the founder of Intergenerational Music Hamilton which unites elementary students, university students and long-term care/retirement residents for a month of music-making and meaningful interactions.

Be inspired. Be informed.

Choose Your Format Keynote | Workshop

Chelsea's Most Requested Topics

- **Music as a Biological Language** – Humans are inherently musical. Music crosses ethnic and geographic barriers and is a language in which we interact.
- **Music in Dementia Care** – Music is often the last type of memory to deteriorate in dementia and can act as a grounding link between loved ones.
- **Rehabilitation through Music** – Neurologic Music Therapy is a scope of practice that uses music perception and cognition properties to enhance the rehabilitative process.
- **Rhythm and the Brain** – An exploration of the question, why do we move to the beat? Understanding our predisposition to expressive movement.
- **Embedding Music in Caring Communities** – How can music become a more primary approach operationally? Learn about Room 217's integrated model of music care and the results in certified care organizations.



I've worked in the field for 20 years and this was the most informative education session I've ever attended.



Chelsea was a fantastic instructor. She kept us engaged and made time fly.

Speaking Highlights: UK Power of Music Conference, Brain Tumour Foundation of Canada, Alzheimer Society BC, Ontario Long-Term Care Clinicians,, Amica Senior Lifestyles, Music Care Conferences, Various community events