



# Music Therapy Advocacy

**Now is the time to speak out and protect  
choice & access to services!**

The Indiana Division of Disability and Rehabilitative Services (DDRS) proposed new limits on Medicaid Waiver services that would cap individuals at receiving only 6 hours per month of music (& recreational) therapy.

**DDRS is opening for public comment on this from 7/9/25-8/8/2025.**

This proposal is in direct conflict with the guiding principles of the Medicaid Waiver system, which prioritize person-centered planning, individual choice, and access to services that support people in the most inclusive and effective way possible

## Music Therapy is..

a highly utilized service on the Medicaid Waiver. Music therapy is much more than simply listening to or playing music. It is a clinical, evidence-based service provided by credentialed professionals who use music to support developmental, emotional, cognitive, social, and physical needs. Each session is individualized to support specific therapeutic goals in alignment with a person's broader plan of care. These goals directly reflect the intent of Indiana's waiver system- to help individuals grow, live more independently, and receive services that respect their unique needs and preferences.



[Learn more about the proposed changes by clicking here.](#)



**MMT**  
Mainstay Music Therapy



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Take Action To Protect Individual Choice

## The Proposed Cap Would

- **Restrict meaningful progress:** Six hours per month may not be enough to maintain skills, much less develop new ones.
- **Limit family decision-making:** Instead of designing plans based on their child's or loved one's needs, families will be forced to work around restrictive ceilings.
- **Reduce access in underserved areas:** With such low hours, it may no longer be viable for providers to travel or maintain service in rural areas.
- **Contradict the Waiver's person-centered focus:** The cap applies a one-size-fits-all restriction to individuals whose care plans are supposed to be flexible and personalized.
- **Devalue clinically significant services:** This change suggests that therapies with measurable outcomes delivered by credentialed professionals are somehow optional.

Indiana's Medicaid Waiver system was built on values of choice, person-centered planning, and access to meaningful supports that help people with disabilities thrive. The proposed cap on music therapy hours undermines those values, limits access to therapeutic progress, and removes critical decision-making power from families.



[Learn more about why music therapy is essential by clicking here.](#)



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## What You Can Do

**Submit a Public Comment:** Share how this cap would affect your loved one's services, progress, and well-being.

**Contact Legislators and DDRS Leaders:** Tell them you oppose restrictions on evidence-based services like music therapy. You can find contact info by [clicking here](#).

**Spread Awareness:** Help other families, providers, and advocates understand what's at stake. Share this document with them!

**Join Advocacy Networks and Town Hall Meetings:** Team up with others across the state to ensure our voices are heard loud and clear.

## What You Can Share

**Emphasize Individual Needs – Highlight Progress – Consistency – Importance of Choice – Necessity of Access**

"My child's needs don't fit into a one-size-fits-all model. Capping therapy hours limits our ability to choose what services truly support their development and quality of life. We should be able to allocate our waiver funds in a way that best meets our family's unique needs." [\(Click here for more script options\)](#).

**Submit a Public Comment by emailing  
[DDRSwaivernoticecomment@fssa.IN.gov](mailto:DDRSwaivernoticecomment@fssa.IN.gov)**

**Read the Proposals Here:**

**[Family Supports](#)**

**[Community Integration](#)**



**Mail Letters To:**

Family and Social Services  
Administration  
Division of Disability and  
Rehabilitative Services  
Attention: BDS Waiver Notice and  
Public Comment  
402 West Washington Street, Room  
W453  
Indianapolis, IN 46207-7083