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Informed Consent for In-Person Services during the COVID-19 Health Crisis

For services occurring at a Life in Harmony Facility

This document outlines information specific to receiving in-person services in light of the COVID-19 public health crisis. We invite you to read this document carefully and be sure to ask any clarifying questions before signing the document. A signed copy of this document will be kept on file and will serve as an agreement between you and Life in Harmony Music Therapy, LLC (LIH).

This agreement outlines the mutual decision between you and LIH to meet in person during the current pandemic. This may include meeting in person inside the facility, within the modified in-person environment, or receiving services outdoors at the LIH location. During in-person sessions, you and the music therapist will share the same room/physical space and personal protective equipment (PPE) and moveable partitions will be used (as appropriate). You can request for services to be scheduled in a modified in-person environment where you and the music therapist will meet face-to-face but not share the same physical space (you will be separated by a full glass/plexiglass barrier). The modified in-person environment option is strongly encouraged if you find it difficult to practice social distancing or follow the guidelines below. When requested and appropriate, services may also take place outside of the LIH main facility location.

We will respect your individual choice regarding your preferred service delivery method at this time. It is important to note that LIH also offers virtual services via Telehealth during the COVID-19 pandemic. We encourage you to select the safest service delivery option that best supports your therapeutic goals.

Benefits:

- Services are provided within a structured environment.
- Increased access to equipment typically used within the session.
- Maintain or continue to develop the therapeutic relationship.
- Observe progress towards functional goals and objectives.
- The Modified In-Person setting promotes safe distancing at all times.
- Outdoor sessions provide increased airflow and may reduce the risk of transmission.

Risks (Specific to COVID-19):

- Entering a public facility may increase your exposure to COVID-19 or other public health concerns. This risk increases if you use public transportation, a cab, or a rideshare to travel to your appointment. To learn more about the risks associated with COVID-19 please visit <https://www.cdc.gov/coronavirus/2019-ncov/>
- Viral particles may be ejected through coughing, sneezing, breathing, talking, laughing, and singing.
- Service disruption may occur due to unforeseen COVID-related closures.
- Physical injury may result from coming in contact with a fixed plexiglass/glass barrier or moveable partition.
- Increased distraction due to PPE and other unfamiliar equipment used within the session.
- Participation in services in an outdoor setting may have additional risks.
 - Confidentiality may fluctuate as others may hear or see a portion of the session.
 - Additional health/safety concerns may apply, such as insect bites, sun/heat exposure, ability to leave the area, allergies, etc.

Precautions, Safeguards & Expectations

LIH is taking the following steps to protect you, other clients, LIH staff and our families, and the community:

(These temporary guidelines are subject to change if additional local, state, or federal orders or guidelines are published)

- Office furniture placement fosters social distancing.
- LIH staff receives ongoing education about the signs and symptoms of COVID-19 and are required to adhere to specific practices to report illness and refrain from work if experiencing any symptoms.
- LIH staff completes a temperature check at the start of each shift and are asked to monitor symptoms frequently.
- LIH staff wears a face covering as appropriate.
- LIH staff utilizes a physical barrier or face shield as appropriate.
- LIH staff maintains safe distancing.
- LIH staff adheres to the Center of Disease and Prevention (CDC) guidelines regarding prevention of COVID-19.
- LIH staff adheres to the CDC's guidelines regarding the disinfection of our offices, equipment and furniture.
- Restroom soap dispensers are maintained and everyone is encouraged to wash their hands.
- Hand sanitizer that contains at least 60% alcohol is available in several areas at the facility.
- LIH staff attempts to schedule appointments at specific intervals to minimize the number of people in the facility.
- Clients are given specific instruction regarding when and how to enter the facility.
 - LIH staff assists in escorting the client in to the building when appropriate.
- LIH staff asks that only the minimum required individuals enter the facility.
- Our waiting room is not available until further notice. A designated waiting area is assigned as needed.
- Credit card pads, pens, and other areas that are commonly touched are thoroughly sanitized after each use.
- Physical contact is not permitted.
- Tissues and trash bins are easily accessed. Trash is disposed of on a frequent basis.
- Common areas are thoroughly disinfected at the end of each day.
- LIH offers the option to meet in a shaded outdoor location as appropriate.

We ask all clients to agree to these precautions to help keep our facility as safe as possible:

(Please check each precaution to indicate that you agree to these actions and expectations.)

- I will only attend my in-person appointment if I am symptom free.
- I will take my temperature before coming to each appointment. If my temperature is elevated (100 Fahrenheit or more), or if I have other symptoms of COVID-19, I agree to notify the office in advance to request to proceed using Telehealth, or I will cancel the appointment. If I do not have a thermometer, I will ask LIH staff to assist me upon my arrival.
- I will wait outside the facility until I am instructed to enter (or escorted in).
- I will wash my hands or use alcohol-based hand sanitizer when I enter the building.
- I will adhere to the safe distancing precautions LIH has set up within the facility. I will observe all signage and leave furniture where it is placed.
- Whenever possible, I will keep a distance of 6 feet from LIH staff and other clients in the building.
- I will try not to touch my face or eyes with my hands. If I do, I will immediately wash or sanitize my hands.
- If I am bringing my child to a session, I will wait in my vehicle or outside the facility if I feel comfortable doing so. If I feel it necessary to remain in the building, I will wait in the designated waiting area until the session is completed. I will encourage my child to follow sanitation and distancing practices.
- I will take steps between appointments to minimize my exposure to COVID-19.
- If my commute or other responsibilities or activities puts me in close contact with others (beyond my family), I will let LIH staff know.
- If a resident of my home tests positive for the infection, I will immediately let LIH staff know and we will plan how to resume future services.
- I will only bring the minimum number of people needed for each visit.

Whenever possible, I will wear a mask inside the facility as recommended by the CDC and local health departments.

Please talk with your music therapist if you have concerns regarding face coverings due to health, sensory, or other reasons. According to <https://www.cdc.gov/coronavirus/2019-ncov/faq.html> the "CDC recommends that everyone 2 years and older wear a cloth face covering that covers their nose and mouth when they are out in the community. Cloth face coverings should NOT be put on babies or children younger than 2 because of the danger of suffocation. Children younger than 2 years of age are listed as an exception as well as anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the face covering without assistance. Wearing cloth face coverings is a public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning, and other everyday preventive actions. A cloth face covering is not intended to protect the wearer but may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. Medical face masks and N95 respirators are still reserved for healthcare personnel and other first responders, as recommended by current CDC guidance."

Informed Consent

I understand that:

1. By coming to the office I am assuming the risk of exposure to COVID-19 (or other public health risk).
2. I am expected to take specific precautions outlined above which will help keep everyone (me, LIH staff and their families, other clients) safer from exposure, sickness and possible death.
3. LIH will monitor and reevaluate its safety efforts (safeguards, guidelines, and policies) on an ongoing basis and will make adjustments to reflect the fluidity of COVID-19 in our community. A copy of LIH's most current plan will be available at the office and can be made available upon request.
4. All In-Person services may temporarily be postponed if there is a state, local, or federal order or guideline to do so. In this event, my services may be transitioned to Telehealth - if appropriate.
5. LIH is committed to keeping me, all clients, and all staff (and their family members) as safe as possible. If I arrive for a scheduled appointment and LIH staff have reason to believe I have a fever or other symptoms of COVID-19, or believe I have been exposed to COVID-19, I will be required to leave the office immediately. My service may be rescheduled to take place via Telehealth at a later time.
6. If anyone from the LIH staff test positive for COVID-19 I will be notified as soon as possible so that I can take appropriate precautions.
7. If I test positive for COVID-19, LIH may be required to notify local health authorities that I have visited the agency. In this event, LIH will report the minimum necessary information for the data collection. This will not include any information about my services at LIH. By signing this form, I understand I am giving my permission for LIH to report as necessary without obtaining an additional release.
8. Goals and objectives requiring physical prompting may be difficult to target during COVID-19. As always, I may expect anticipated benefits or progress from the use of music therapy interventions, but I understand that no results can be guaranteed or assured.
9. If at any time I feel safest receiving services through a more restrictive environment, I am to make this request known to my music therapist. I understand that LIH will honor my decision, as long as it is feasible, clinically appropriate, and available based upon my payer source/insurance reimbursement and applicable law requirements.
10. As always, I have the right to discontinue music therapy services at any time.

By signing this form, I certify that:

- I have had a direct conversation with LIH staff to answer any questions I may have about meeting in person.
- I understand the risks, benefits, and any practical alternatives to in-person services.
- I understand this agreement supplements the information exchanged at the start of music therapy services.

I hereby acknowledge that I have read, understand and agree to the terms listed in this document. I agree to meet in person for my music therapy session at Life in Harmony Music Therapy LLC during COVID-19.

Name of Individual: _____

Signature of Client or Authorized Representative: _____

Client or Authorized Representative Full
Name

Client or Authorized Representative
Signature

Date

If authorized signer, relationship to client: _____

Music Therapist Signature

Date