

Cuevas Sound Spectrum

Age Group and Targeted Population

Printable Client/Program Document

Compassion • Integrity • Inclusion • Individualized Support

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Age Group Served

Cuevas Sound Spectrum provides individualized and adaptive music lessons for children, teens, adults, and veterans. Services may be adjusted based on age, developmental level, communication needs, learning style, and support needs.

Age Group	Description
Early Childhood	Young children who may benefit from music exploration, rhythm activities, movement, sensory-friendly instruction, and beginner music exposure.
School-Age Children	Children who are ready for structured music lessons, rhythm practice, piano, drums, ear training, coordination, and creative expression.
Teens	Teen students who may benefit from skill-building, confidence, performance preparation, emotional expression, and individualized music goals.
Adults	Adults who want to learn music, return to music, build confidence, develop skills, or participate in adaptive music instruction.
Veterans	Veterans who may benefit from structured music lessons, creative expression, emotional wellness, routine, confidence-building, and adaptive instruction.

Targeted Population

Cuevas Sound Spectrum serves individuals of all ability levels, including students who may require traditional, adaptive, or highly individualized instruction.

Targeted Population	Description
Individuals with Autism Spectrum Disorder	Includes individuals across all autism support levels, including Level 1, Level 2, and Level 3. Lessons may include sensory-aware instruction, visual supports, repetition, breaks, and flexible pacing.
Individuals with Intellectual Disabilities	Includes students who may need simplified instruction, repeated practice, adaptive supports, caregiver assistance, and individualized pacing.
Individuals with Developmental Disabilities	Includes students with developmental delays, learning differences, adaptive needs, or related support needs.
Neurodivergent Learners	Includes individuals with ADHD, sensory processing needs, communication differences, attention challenges, or executive functioning needs.
Veterans	Includes veterans seeking music for skill-building, structure, creative expression, emotional wellness, confidence, or adaptive learning support.
Beginners	Includes students with no prior music experience who want to explore piano, drums, rhythm, music theory, or creative expression.
Returning or Continuing Students	Includes students who have previous music experience and want to continue developing their skills.
Students With Communication Differences	Includes students who communicate verbally, nonverbally, through AAC, gestures, signs, pointing, writing, or caregiver support.
Students With Sensory Needs	Includes students who may need sound adjustments, breaks, predictable routines, visual supports, or modified lesson activities.

Program Fit Statement

Cuevas Sound Spectrum welcomes children, teens, adults, veterans, and individuals with autism, intellectual disabilities, developmental disabilities, and neurodivergent learning needs. Services are designed to be compassionate, individualized, sensory-aware, and flexible so that each participant can engage with music in a way that supports their personal goals, strengths, and level of functioning.

Participation is not based on prior music experience. Beginners are welcome, and lessons may be modified to meet the participant's current ability level, learning style, communication style, and support needs.