

Create your Playlist for Life now

Get started on your first playlist using this chart. You'll find useful prompts that we hope will inspire you. Whether this playlist is for you or for someone else, the most important thing is to try to select music that has personal meaning.

This playlist belongs to: _____

Are there any songs or artists linked to childhood?

e.g. TV theme tunes/lullabies/school songs.



Song _____

Memories _____

Are there any wedding songs that could help?

e.g. music played at the first dance.



Song _____

Memories _____

Can you think of any favourite bands, singers or shows?

Old concert tickets or albums could help.



Song _____

Memories _____

Were there any songs sung at family parties?

e.g. a party piece or a favourite karaoke tune.



Song _____

Memories _____

Did you/they enjoy dancing?

e.g. music played at nightclubs/discos/classes.



Song _____

Memories _____

Are there any songs from holidays?

e.g. music sung in the car or summer hits.



Song _____

Memories _____

Could songs from the war conjure any memories?



Song _____

Memories _____

Do family or friends have any suggestions?



Song _____

Memories _____

Are there TV theme tunes that might stir a memory?



Song _____

Memories _____

Are there any favourite Christmas songs?

e.g. Christmas number ones or favourite carols.



Song _____

Memories _____

Are there more special memories?

Add to the playlist as new memories come to you.

Song _____

Memories _____

Song _____

Memories _____

Listening to the playlist

Once you have your songs, try introducing the playlist as often as you can. It works best as a shared activity, so use it as an opportunity for closeness and conversation.

We recommend that a session should last about 30 minutes, although the effects may last much longer. Write down any reactions that each song has. This can help to find more songs to add to the playlist too.

Use the listening device you feel is easiest for you to get started and gains the best reaction. It could be an ipod or a CD - even singing the songs together can be a lovely experience. If you're not sure about the technology, ask a younger family member for help! If a certain song causes upset, you can stop the session and avoid that song in the future.

This is just the start of your Playlist for Life journey. Visit our website (playlistforlife.org.uk) to find out more about creating a personal playlist, scheduling sessions to get the best effect, attending training and learning from others too.

Other things you can do

Do you have links with a care home or hospital that might like to learn how to use Playlist for Life? Give them this leaflet or call **0141 418 7184** to find out about our training.

You can join the growing Playlist for Life community by volunteering as a speaker, spreading the word or raising funds. Find out how to get involved at playlistforlife.org.uk