



PLAYLIST FOR LIFE

Personal music for dementia

Action Plan

My Number One:

Date of evaluation visit (if certified):

SECTION 1: Things to work out before I start my project

Who do I need to get on board?

How will I tell them about Playlist for Life?

Think of all the resources you can use: leaflets? Videos? The website? E-learning? Anything else?

What do I wish my manager would do to help me get the project underway?

What do I wish Information Technology could do to ? Who shall I go to?

Who do I think will join the team to get others on board?

Who will be your allies as you get involved and build momentum?

What (if any) equipment is available?

What equipment is required and who will pay for it?

How will I download the music if there is no family to help?

iTunes account Amazon music Spotify Other

Who will own the account?

Further help is provided in the Pfl manual and technology guide. Remember it is always recommended that the family provide the equipment and upload the playlist using their own account.

When do I aim to get the project started?

SECTION 2: My Number One

You may find that new things occur to you while doing this section that you should add to your prep work in Section 1.

Thinking about my Number One - what can I do to get started?

Refer to existing documents e.g. 'this is me'/getting to know me'. Refer to Pfl manual, speak to family/friends about detective work, give the family a leaflet, ask the family to watch the videos on the Pfl website/ family DVD, seek support from manager/peers

When do I think my One would benefit from Playlist for Life?

Think of different uses for Playlist - to change mood, to give a focus to visits. Think also of things or times of day your One finds difficult - can you schedule Playlist for half an hour before?

How can I make sure the Playlist session happens at the right time even if I am not there?

How am I going to record the playlist sessions?

Diary / journal Care plan Other

How can I make sure results are recorded even if I am not there?

How am I going to evaluate success?

Review diary / journal Personalised Music Assessment Tool / Other Ask family / friends for their opinion Ask colleagues for their opinion

SECTION 3: Moving On

When can I move on to my Number Two, Number 3...?

My Number Two:

Date started:

Additional Information

Use this section to add any notes that will help