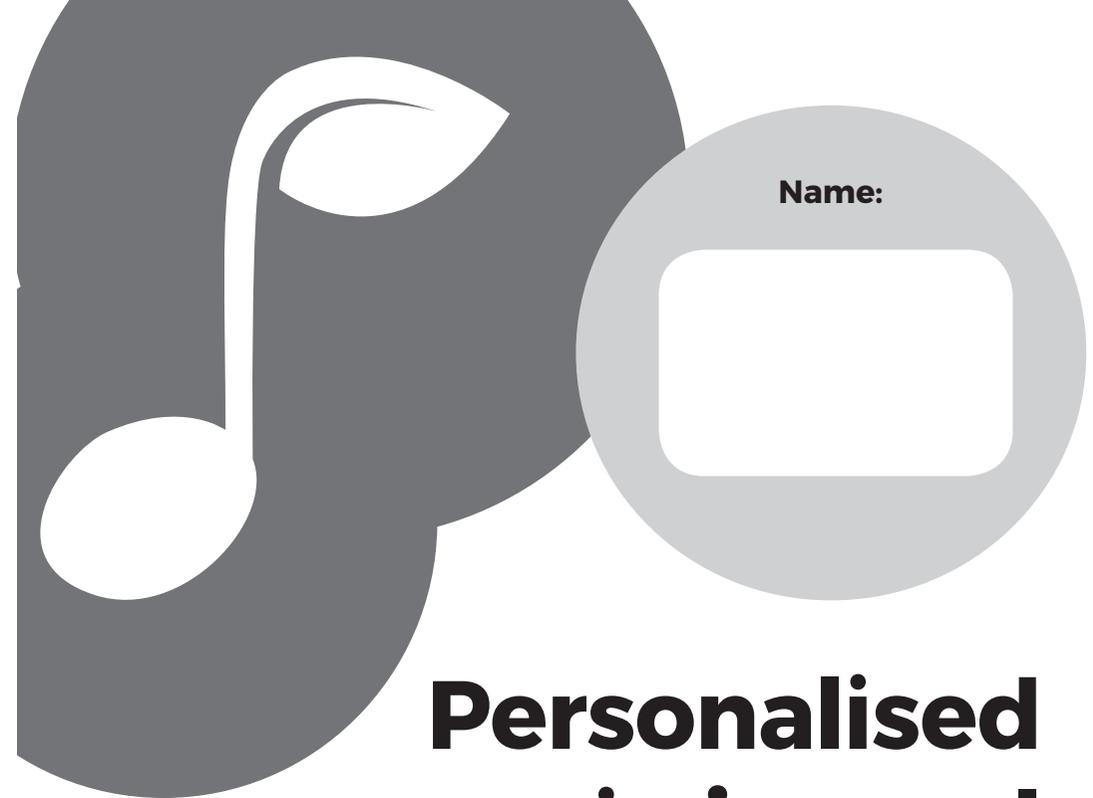


**Need help or advice?  
Get in touch with the team:**

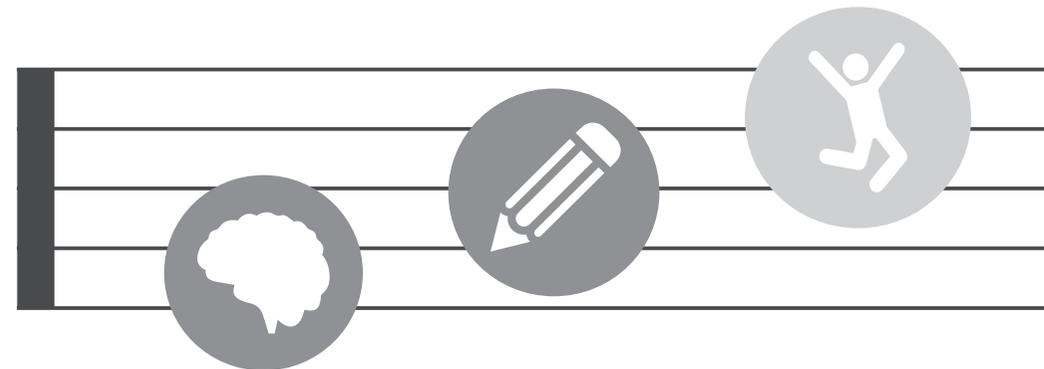
playlistforlife.org.uk  
0141 404 0683  
info@playlist.org.uk

This guide was produced as  
part of the **Playlist for Life  
Communities Pilot**,  
generously funded by



**Name:**

# Personalised music journal





# Evaluation diary

Fill this in before, during and after each Playlist for Life session. Feel free to photocopy this diary if all the rows have been filled in.

Date	Time of session	Mood at start 😊 😐 😞	During session (tick all that are observed)									Mood after 😊 😐 😞	Notes		
			eye contact												
			touch												
			movement to music												
			vocalisations												
			laughter												
			smiling												
			sadness												
			tearfulness												
			remembrance												

## How to use this journal

A Music Detective is anyone who is trying to discover their own Playlist for Life or a playlist for someone else. We think about Music Detective work in two stages:

1. Identifying possible songs;
2. Checking them out to see if they are right.

This journal will help you with that.

Once you have done some research into possible songs that might work for your person, jot down the potential playlist on the opposite page. For ideas on how to find the right songs, visit the Playlist for Life website ([playlistforlife.org.uk](http://playlistforlife.org.uk)).

As you listen to the playlist together, pick out the songs the person reacts most to and explore what they mean. Write the story behind these songs in more detail in the journal pages. Don't worry if your person doesn't respond to every song - you might not fill all of the pages. You also might not start with the first song on the playlist; it might be song five or six, for example, which has the strongest memory attached to it and stories start developing from there.

Remember - the more details you can give for each song, the better. You may know these stories but the people looking after your loved one don't. The more they know from the stories, the more they will know who your loved one really is. Knowing them better means a stronger connection, which ultimately means a better caring experience for your loved one.

You may also want to record moods and emotions before and after each session - the last pages of the journal can help with this.

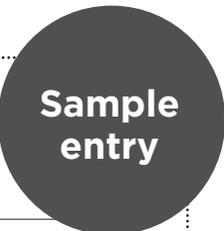
Turn over to see a sample journal entry.



# Evaluation diary

Fill this in before, during and after each Playlist for Life session. Feel free to photocopy this diary if all the rows have been filled in.

Date	Time of session	Mood at start		During session (tick all that are observed)									Mood after		Notes			
		☺	☹	eye contact	touch	movement to music	vocalisations	laughter	smiling	sadness	tearfulness	remembrance	☺	☹				



**Song title**  
Blue velvet

**Artist**  
Bobby Vinton

**Why is this song here?**  
caravan  
 Used to listen to this song with my wife all the time on the campsite when we were on holiday in the south of France.  
 We holidayed in a caravan and loved the sunshine.  
 I loved driving - I drove all the time for work and always listened to music while driving.

**Song title**

**Artist**

**Why is this song here?**

(Remember to give details. When was it? Who was there? Were there any funny moments?)

**Song title**

**Artist**

**Why is this song here?**

**Song title**

**Artist**

**Why is this song here?**