

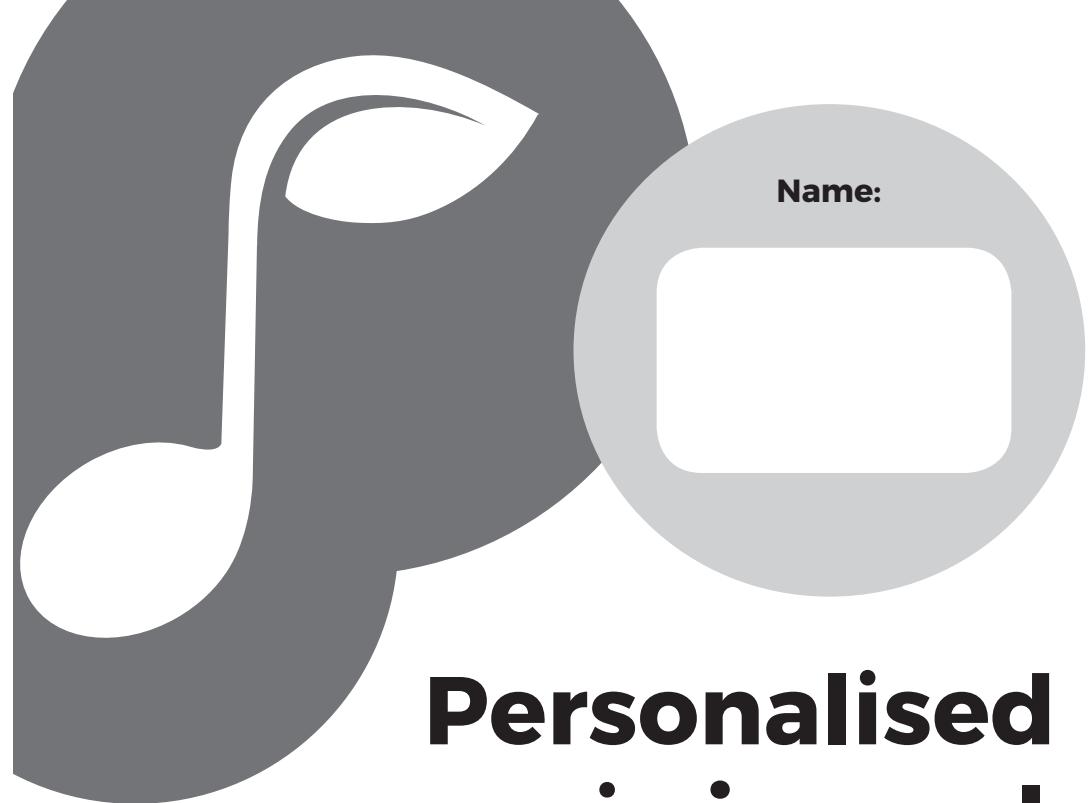
**Need help or advice?
Get in touch with the team:**

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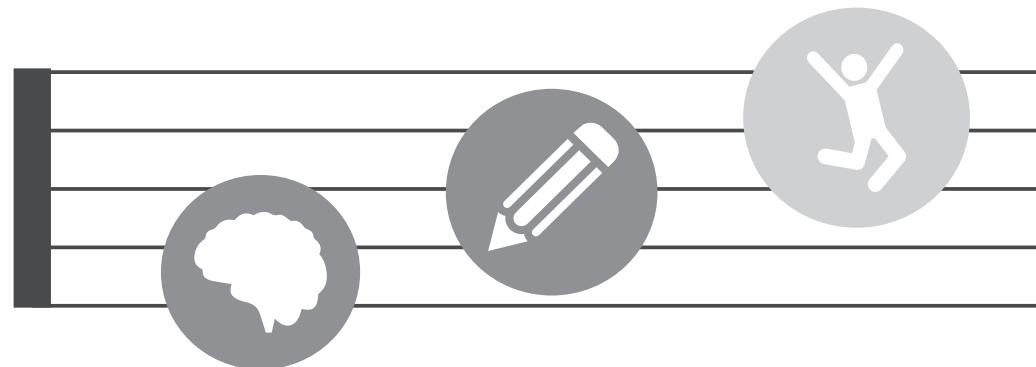
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Personalised music journal



playlistforlife.org.uk

The Playlist

Name of song	Artist

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).

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.

How to record an entry

We worked with a couple who were putting together a playlist for the husband who had dementia. The first time we listened to the playlist with the couple, at a particular song, the husband spoke just one word: "caravan".

We then asked his wife what "caravan" could mean. She described how they used to listen to this song all the time in their caravan when they went on their summer holidays to the south of France. The couple loved the campsite and the sunshine. She also told us that her husband really enjoyed driving and had to travel a lot in his car for work. She said everywhere he went we would have music on in his car!

Now, with this story written down, any carer can easily flick through when listening to the husband's playlist, read this and talk about holidays in the south of France.

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 listenind to music while driving.

Sample entry

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?

Evaluation dictionary

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.

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 😊 😐 😕	Mood during session (tick all that are observed)	Mood after 😊 😐 😕	Notes
					reminiscence
					tearfulness
					sadness
					smiling
					laughter
					vocalisations
					movement to music
					touch
					eye contact