Need help or advice? Get in touch with the team:
playlistforlife.org.uk 01414040683 info@playlistforlife.org.uk

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Voluntary
Action Fund



## The Playlist

| Name of song | Artist |
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## 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 attatched 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 thay 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.

## Artist

## Bobby Vinton

 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".

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 listening 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?


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Why is this song here?

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## Song title

## Artist

Why is this song here?
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．

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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.

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