



Playlist
for Life



Get
started
today!



Music for dementia

Discover the benefits of
personal playlists and how
to connect through music

The benefits of personal playlists

Playlist for Life is a music and dementia charity. Over two decades of scientific research has shown that listening to a personal playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist.

Personal playlists can:

- **reduce anxiety**
- **improve your mood**
- **make difficult tasks more manageable**
- **evoked memories that can help families and carers connect**

Read more in the World Health Organization's report on the role of the arts in improving health and well-being at [playlistforlife.org.uk/who-report-on-dementia](https://www.playlistforlife.org.uk/who-report-on-dementia)



Get started

Music is everywhere and a part of our daily lives. Your personal playlist is as unique as you are, so your playlist should include music that is personal and evokes fond memories or positive emotional reactions.

Tracking down the right tunes is about finding the soundtrack of your life. Getting started is as easy as listening to music or singing. Are there any songs that spark memories? Write them down. You're already on your way to making a personal playlist!

To discover more music that is meaningful to you, use one of our free resources such as our conversation starters on the reverse of this brochure. Our website is full of free resources to help you at each stage of your playlist journey: from finding tunes to using music effectively and incorporating a playlist into a daily routine.

[playlistforlife.org.uk/resources](https://www.playlistforlife.org.uk/resources)

“

Playlist for Life is an absolutely wonderful thing. You pick songs from your own life – it can be any song that you like that means something to you and brings back a memory. When I'm sad or low or feeling grumpy, then Malcolm puts my playlist on and I'm up dancing and jumping and it's absolutely wonderful.

Carol

“

What I find amazing with the playlist is that David's speech comes back and he sings along to some of the songs when he listens. I can see that he's enjoying it and it gives him a real boost. I think the playlists are a great idea for people living with dementia, who can sometimes forget who they are and what they used to enjoy.

Sandra



Fold out to reveal our handy conversation starters to start creating a personal playlist.

This playlist belongs to:

The following conversation starters will help you build a personal playlist.

This playlist could be for you or for someone else.

The most important thing is to select music that has personal meaning.

Your 'memory bump' (strong memories formed aged 10-30)

Can you think of songs that remind you of your youth?



Song

Memories

Party tunes

Which songs always get you dancing and/or singing along?



Song

Memories

Special moments and milestones

Which songs take you back to a special memory in your life?



Song

Memories

Hobbies, interests and beliefs

Are there pieces of music that make you think of a group that you belong to?



Song

Memories

Songs from childhood

Are there nursery rhymes or songs from a children's TV show that you loved?



Song

Memories

Holidays

Which songs remind you of a favourite holiday?



Song

Memories

Important places

What songs remind you of your hometown?



Song

Memories

TV themes

Are there TV shows with theme tunes you'll always remember?



Song

Memories

Important people

Think of a person who's important to you. What songs remind you of them?



Song

Memories

Concerts you've been to

Which tunes remind you of the best live music event you've attended?



Song

Memories

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 that's easiest for you. It could be an MP3 music player or a CD - singing songs together can be a lovely experience. If a certain song causes upset, you can stop the session and avoid that song in the future.

To find out more about personal playlists, visit playlistforlife.org.uk



@PlaylistForLifeUK



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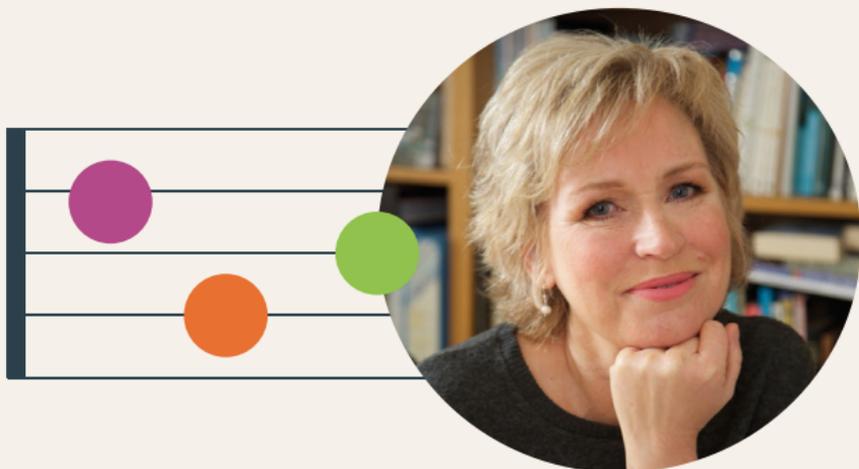


@PlaylistForLife



search 'playlistdementia'

How it all began



Sally Magnusson founded Playlist for Life in 2013 after witnessing the effect of music on her late mother's dementia.



My mother was always singing. We realised, as her grip on things began to loosen, that her connection to songs was as strong as ever. After singing, she was more alert. It was taking her back to a place of familiarity and belonging. Music more than anything else was keeping my mother with us.

And this was more than just a lucky effect. Research revealed that personally meaningful music offers a universal key to unlocking individuality and supporting family and wider social connections.

My family gained times of real happiness playing personal music to my mother. I hope Playlist for Life gives you and your family some moments of joy too.

Sally Magnusson

Founder, writer and broadcaster

Photograph by Derek Prescott

Discover the power of music

Playlist for Life harnesses the powerful effects of personal music to help anyone who is affected by dementia, their families and carers.

Whether it's the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music has the ability to take us back in time and remind us of our past, giving you that flashback feeling. Sharing your songs and memories can help people living with dementia connect with family, friends and carers.



It's amazing how powerful music has turned out to be. It has been so emotional and so rewarding to find something that brings back a little of our dad.

Fiona

Start connecting through music and build a personal playlist

Visit playlistforlife.org.uk for more information and free resources.

We also offer specialist training for healthcare and social care professionals.

To get in touch, call **0141 404 0683** or email info@playlistforlife.org.uk