



**How to build a
personalised playlist this
festive season**

Gift a playlist

This festive season, give the gift of meaningful music to a loved one living with dementia.



Looking for the perfect gift? A personalised playlist can be a lifeline for someone living with dementia. With the power to evoke memories, improve wellbeing and reduce anxiety, it not only benefits the person living with dementia, but those who care for them too.

“We didn’t realise how enjoyable the process of collating those tunes was. And it’s brought back so many memories!” **Liz, wife and carer**

A playlist is an easy and inexpensive way to create something meaningful for someone you care for. Help them rediscover the unique soundtrack of their life.

Making a playlist is easy

A personalised playlist is unique, so the playlist should include music that evokes fond memories or positive emotional reactions. The songs that bring a ‘flashback feeling’ whenever they’re played...



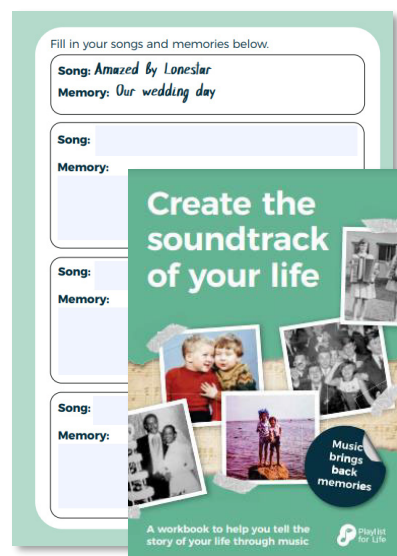
Visit: www.playlistforlife.org.uk/christmas/

Start a musical conversation

If you don't have any equipment to hand, simply singing together can be a lovely way to connect through music. Write down any songs that get a positive reaction.

Download or print our [Soundtrack of your life workbook](#) and note the music that brings back memories, from childhood lullabies to songs that remind you of someone special.

Our [Conversation Starters](#) are a great resource for realising meaningful music through simple prompts.



“As soon as I put Sean’s headphones in, he starts to sing. It’s very unusual to get Sean in that state of joy now. You can’t buy that.” **Cathy, wife and carer**

Find the right music

100 Years book

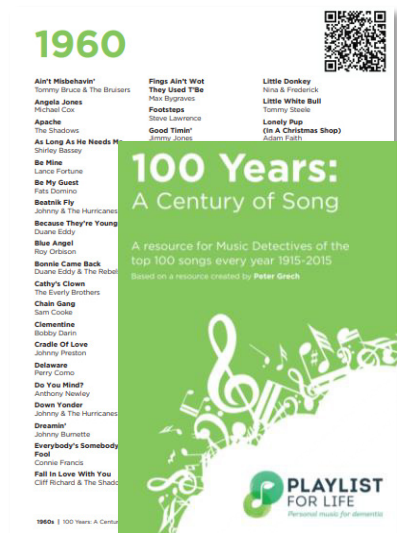
Download the decades between 1915 – 2015 to rediscover old favourites.

Spotify

Browse over 260 of our playlists to find the songs from your Memory Bump – aged 10-30 when we collect the most memories.

Automatic Playlist Maker

Creating a playlist online? Simply look up your songs and we’ll email the playlist straight to your inbox.



Visit: playlistforlife.org.uk/resources



How to listen

Now that you've chosen your songs, it's time to build the playlist. There are a few ways to do this.



Create a Spotify or YouTube playlist

Visit open.spotify.com to sign up for access to music and start building your playlist.

Visit music.youtube.com and sign in using a Google account to start creating a playlist. You can access all of your playlists in the 'Library' tab and can set them to public or private.

Watch our helpful how-to videos [here](#).

Use a Smart Speaker

Read [our guidance](#) on smart speakers, written with input from people living with dementia, along with some tips on how to use them.

"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. It's absolutely wonderful."

Carol, who lives with dementia

When to listen

Listen together

Listening and enjoying being together, responding to the music, is one of the loveliest parts of having a playlist. It's a great way to spend a visit with family or friends.

For respite

Living with dementia can be difficult. When you face challenges, don't be afraid to use the playlist as a chance to take a breather.

Listen half an hour before a difficult task

Research shows that listening to your playlist half an hour before something difficult – like bath time, getting dressed, or in the evening – can make things easier.

Personalise your gift

A personalised playlist can be presented in many ways. Find the most accessible option for your loved one that means they can use their playlist any time, anywhere.

A special note

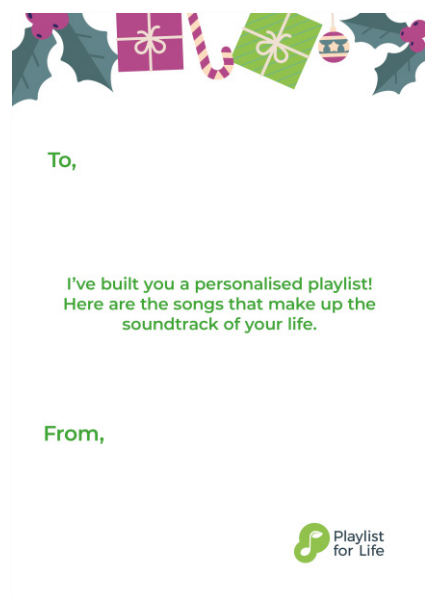
Fill in our printable [Gift a Playlist template](#) to personalise your festive message.

Add to an MP3 player

If you don't have regular access to the internet, then [downloading music](#) is probably the best option for you.

Create a song book

Write down the lyrics to the songs in a notebook or binder along with some photographs or souvenirs from their past, or use the [Soundtrack of your life](#) workbook on our website.



Support us

Playlist for Life is a music and dementia charity sharing the power of personalised music with anyone affected by dementia.

All our resources are freely available at no cost to families who could benefit from them.

Please help us to keep our support free to any family affected by dementia: www.playlistforlife.org.uk/donating

