

Template for responding to questions in the consultation

This response template is provided to help shape your contribution to the Wales Dementia Strategy consultation. You are welcome to adapt, expand, or tailor any section so it reflects your organisation's experiences, activities, and priorities.

You might like to read the full consultation document [here](#) before you respond. Please add in your specific details in the template where indicated.

Question 2a in the consultation document asks for the single most important change you want to see for people living with dementia in the next 10 years

Template answer:

(Insert name of your organisation) is part of **Playlist for Life's Help Point network** in Wales. We use music by **(insert description: running reminiscence groups, building personal playlists with families, hosting music-based sessions, incorporating music into wellbeing activities, working with local performers, etc.)** to support our members.

We have seen meaningful changes among the people we support, including **(Insert case study/example such as reduced agitation or distress, improved communication, increased engagement, moments of reconnection with family, improved mood or confidence.)**

The impact on our staff and/or volunteers has been **(describe impact: greater confidence in supporting people with dementia, reduced stress during challenging moments or stronger relationships with the people they support).**

Playlist for Life is an award-winning charity providing vital support to people living with dementia and their carers to use person-centred music as a therapeutic tool. The charity's aim is to have person-centred music integrated into prevention and dementia care pathways from diagnosis through to end of life care. The charity draws on more than two decades of [research](#) to show that **personalised music is a simple, non-clinical, low-cost intervention with a powerful impact**. Research shows that personalised playlists can:

- Improve quality of life
- Reduce anxiety, agitation, and distress
- Support communication and connection
- Ease pressure on carers and care services
- Reduce the need for medication

Playlist for Life provides training to health and social care professionals to embed music in their roles. It also supports a vast UK-wide network of community partners of '**Help Points**' to help

bring music into the heart of communities, providing free support and [resources](#) to empower people affected by dementia to make personalised playlists.

Embedding personalised music supports Wales' commitment to ensuring that people living with dementia are respected, supported, and empowered to live independently and with dignity in their communities. It directly aligns with the principles of the new Dementia Strategy for Wales like person-centred care, co-production, equity of access, and improved support for carers.

To ensure that every person living with dementia in Wales can benefit from personalised music, we ask the Welsh Government to:

1. Include personalised playlists within the Dementia Strategy's core commitments across prevention, diagnosis, post-diagnostic support, and long-term care.
2. Share Playlist for Life case studies as best practice to increase awareness
3. Embed person-centred music within the Dementia Connector roles
4. Improve funding for organisations using evidence-based practices such as Playlist for Life

(End of answer)

Thank you for taking the time to go through this template. For any questions, please contact mehar@playlistforlife.org.uk.

Here are some other questions in the consultation you may wish to answer:

- Question 3: Based on the principles of the strategy like person-centred, rights-based approach, co-production, providing support for unpaid carers and families etc
- Question 4: Risk reduction and prevention in dementia
- Question 5: Raise awareness and understanding of dementia
- Question 6: Dementia diagnosis, treatment, care and support
- Question 7: Support of unpaid carers living with dementia
- Question 8: Supporting the workforce
- Question 9: Dementia research and innovation