**PLAYLIST FOR LIFE**

· Music can be a lifeline for someone living with #dementia. It can calm an anxious mind, improve someone’s mood, and can even help people reconnect to happy memories. @PlaylistforLife is sharing the power of personal music for those living with dementia. Visit https://www.playlistforlife.org.uk/

to find out more.

· It has been observed that our response to music is one thing that dementia cannot destroy. The key is introducing music that is personal to the listener. Making a playlist is totally free, and the results speak for themselves! Find out more about building a personal playlist for someone living with dementia using our resources: playlistforlife.org.uk/get-started

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· Looking for fun, free, dementia-friendly activities you can do with a loved one at home? Our Conversation Starters are a great way to find meaningful songs for a personal playlist. The @PlaylistforLife Personalised Music Journal is a great resource for keeping note of songs that evoke positive reactions and to log moods before and after a listening session. Download here: https://www.playlistforlife.org.uk/resources/

· When used in dementiacare, personal playlists can reduce anxiety, improve moods, make difficult tasks more manageable and evoke memories. Making a playlist is totally free, and the results speak for themselves! Find out more about building a personal playlist for someone living with dementia using our resources: playlistforlife.org.uk/get-started