

Playlist for Life



Playlist for Life is a great project that encourages families and caregivers of a person with dementia to create a playlist of uniquely meaningful music.

This can be played on an iPod and offered at any time of the day or night.

There is mounting evidence that connecting people through music to past memories, people and places, can improve their mood, awareness, sense of self and independence as well as their ability to understand and think.

Want to help?

The project can use any old iPods you might have lying around.

There is a box on the 'goodies' shelf. Drop them in there and we can send them off.

<http://www.playlistforlife.org.uk/>