Music For Dementia

Playlist Guide

How to Select Music

Music has been shown to be a powerful tool to help people suffering from Dementia cope with memory loss and feel more present.

Use this guide to make a playlist for yourself or to build one with someone suffering from dementia.

You can then transfer this playlist on your listening device of choice so it can be accessed at any time!

MUSIC ELICITS EMOTIONS
The goal is to elicit happy memories, try to steer clear of sad songs or songs that are tied with dark moments in a person's life.

WATCH FOR A REACTION
It is important to watch for feedback during sessions and adjust accordingly. You may need to change songs or stop playing music altogether.

TIMING IS IMPORTANT TOO
aim for 30-minute sessions, especially before difficult tasks, and be aware of when music is welcome and when it is not.

Find out how YOU can make a playlist!

MFD

Create a Playslist

CHILDHOOD
Songs that parents sang or listened to when you were younger. These may include lullabies, popular songs from parents' young adulthood years, parents' favourite songs.

MEMORY BUMP
Popular songs from the time period when you were 10-30 years old... this is when we create most of our memories. You are most likely to remember songs from this time.

ORIGINS
Songs ties to your home country/town. An anthem, your school song, a popular band. Any song that reminds you of home.

SPECIFIC MEMORIES
Family holidays, school hymns, wedding day songs... songs tied to specific moments that are likely to bring back those memories... Keeping this in mind, select songs tied to happy/pleasant memories.

PERSONAL INTERESTS
If you are part of a group or have a specific interest, select related songs. For example, if you are devoted to religion, add songs from church or religious events.

TRIAL AND ERROR
If you cannot find any clues to help you select songs, begin by playing songs from the memory bump period and watch for a reaction.