

Create a Thriving Playlist Community

What is a playlisting community?

A playlisting community is simply a geographical area where information about the benefits of a personalised playlist is being shared. It can be a village, a city or a wider area. In a playlisting community, groups and organisations support people affected by dementia to harness the benefits of personal music as part of daily life.

Who can take part?

Everyone! Schools and libraries, dementia support services, faith centres, befriending organisations, hospitals, hairdressers, sports clubs, care homes and more. Any organisation who supports someone living with dementia, their family members or carers can learn about the benefits of personal music. We provide resources that will inspire you to share knowledge and use personal music in your activities or work.

Who does a playlisting community help?

Over two decades of scientific research has shown that listening to a personalised playlist can improve wellbeing for people living with dementia. In fact, listening to music and enjoying it together has many psychological benefits, meaning we can all benefit from using music creatively in our day-to-day activities and in supporting people affected by dementia.

Why create a playlisting community?

In the UK there are 900,000 people living with dementia and an estimated 700,000 unpaid carers. Using music is a positive way to connect and support people affected by dementia. Personalised music has been proven to alleviate symptoms of dementia and help re-connect people to their memories, their families, and the wider community.

How to create a playlisting community:

1

Community organisations offering free support can join the Help Point network

2

Health and social care professionals and organisations can undertake Playlist for Life training

3

If you use a playlist, share it with people who support you

4

Share our free, easy to use 'get started' resources or use them in your activities

5

Connect with other individuals or groups offering support in your area and share how you are using personal music

6

Be creative! How you use and share the power of personal music in your community is up to you.