

Playlist for Life in NHS Grampian

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Encouraging families and caregivers to create a personally meaningful music playlist on an iPod for the person in their life with dementia.



Jean Fiddes
(Caregiver)

When I'm here with him he often drifts off, if I put on his playlist of music he'll often open his eyes and it brightens him up. I've seen a good change in him since we came here. No-one should have to be without music.



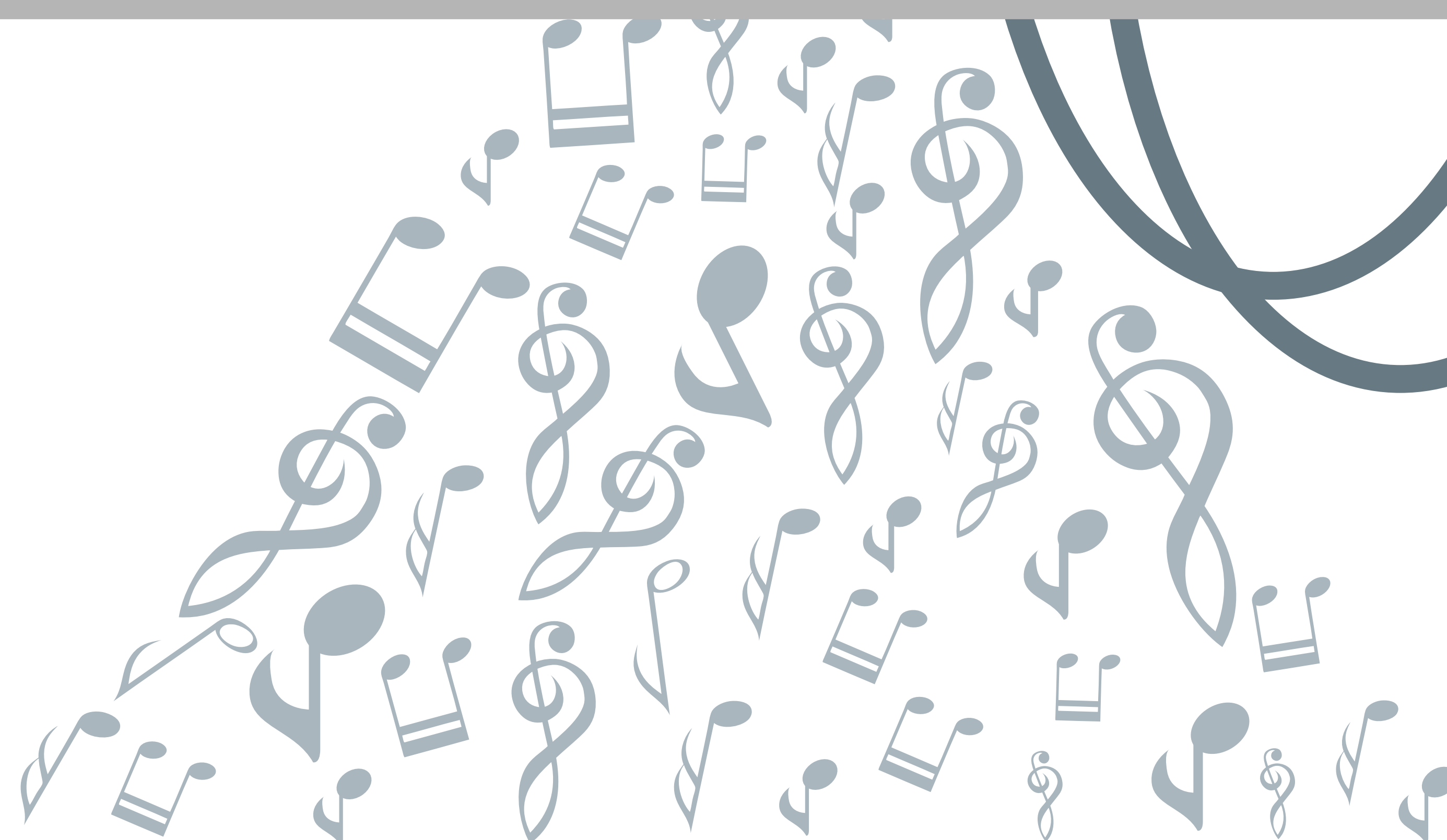
Kenneth Rodbourne
(Patient)

I would recommend this to anybody and everybody. If you're sick and tired or disillusioned; sit down, put the headphones on and sit back and just listen.



Elaine Pyper
(Senior Charge Nurse)

Mr Rodbourne is sensitive to loud noises which would often seem to trigger the agitation – some of his memories must be quite horrific of times during the war. But we haven't had as many outbursts since he started listening to the music – the music blocks out the noises, which helps a lot."



- ▶ Formation of NHS Grampian Playlist for Life Steering Group
- ▶ Purchase of iPod starter packs
- ▶ Distribution of iPods to wards and community hospitals
- ▶ Encouraging wards and community hospitals to take part in Glasgow Caledonian University research project
- ▶ Working with Alzheimer Scotland and Aberdeen City Council to help with continuity on leaving the hospital setting
- ▶ Promotion: Local & national news, national conferences, university lectures, local government & dementia groups
- ▶ Events: Tea dances & iPod donation drives
- ▶ Roll out of Playlist for Life e-learning program

Vision:

That every person with dementia has access to a unique playlist of their life to help them unlock who they are.