# Playlist for Life in NHS Grampian AUTHORS: KIRSTEN D

AUTHORS: NHS GRAMPIAN PERSON CENTRED TEAM, KIRSTEN DICKSON

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



NHS

Grampian



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.

## PLAYLIST FOR LIFE

#### CONNECTING MUSIC, PEOPLE AND MEMORIES

Hearing meaningful songs or pieces of music can transport you back to a time you thought you'd forgotten. Like a time machine! These are the songs that should be on a playlist, only the ones with meaningful memories attached!

These are the songs holding the memories that research has shown hold the key to making people feel better, connecting them back to their lives and the lives of those around them.



**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.

www.playlistforlife.org.uk

(registered charity (SC044072)