

Music helps dementia

Musical Gems from the REEVES COLLECTION

Over two decades of scientific research has shown that listening to a personal playlist can improve the lives of people living with dementia.

Personal playlists can:

- reduce anxiety
- improve your mood
- make difficult tasks more manageable
- evoke memories that can help families and carers connect

This venue is a **Playlist for Life Help Point**.

www.playlistforlife.org.uk

Playlist for Life is a charity that operates UK-wide and is registered as a SCIO at Suite 419, The Pentagon Centre, 36 Washington Street, Glasgow G3 8AZ. Reg no: SC044072