



Playlist  
for Life

# Music helps dementia

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**

For information please contact:

[www.playlistforlife.org.uk](http://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