



# Connect Through Music

## Information for Health & Social Care Professionals

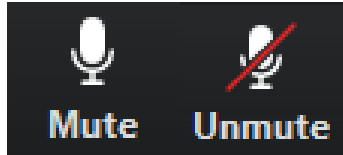
**Partners In Care 23/09/21**

**Presented by Jan Tuson**

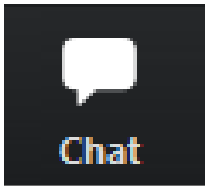
Local Organiser – York & the surrounding areas



# Zoom Guidance



Please keep your audio on mute throughout the presentation



Type any questions or issues into the chat box



You can use the reactions function to check in



# Playlist for Life

- Introduction to Playlist for Life
- Music & Dementia
- The benefits of playlists – including projects undertaken
- Being a Music Detective – the Memory Bump (10 – 30 years old)





# How Playlist for Life can help



Raising  
awareness

Community  
Networks

Training

# Music & Dementia

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# The benefits for people living with dementia

- Can help people connect and reunite families
- Recall memories or abilities
- Restore a sense of self
- Help manage mood
- **Reduce need for psychotropic medication**





# Additional benefits

- Improved nutritional intake
- Improved continence
- Reduction in falls
- Reduction in use of restraint
- Making difficult tasks easier (e.g. personal care)



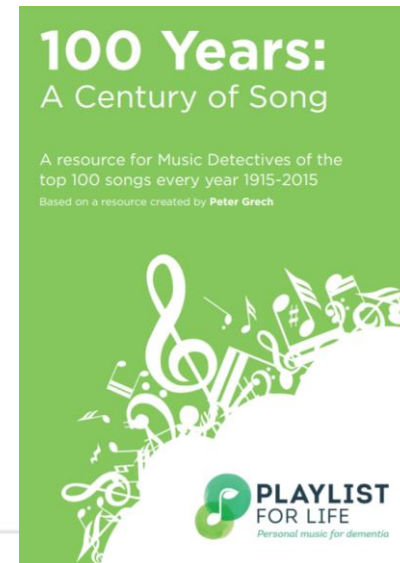
# Projects in health & social care settings

- Care home (Lillyburn)
- Hospital dementia assessment & complex care wards (NHS Lothian)
- Hospital Older People Ward (Nottingham NHS Trust)
- Hospital Emergency Dept (NHS Fife)  
[Read NHS Fife's news feature here](#)
- Community hospital (NHS Forth Valley)



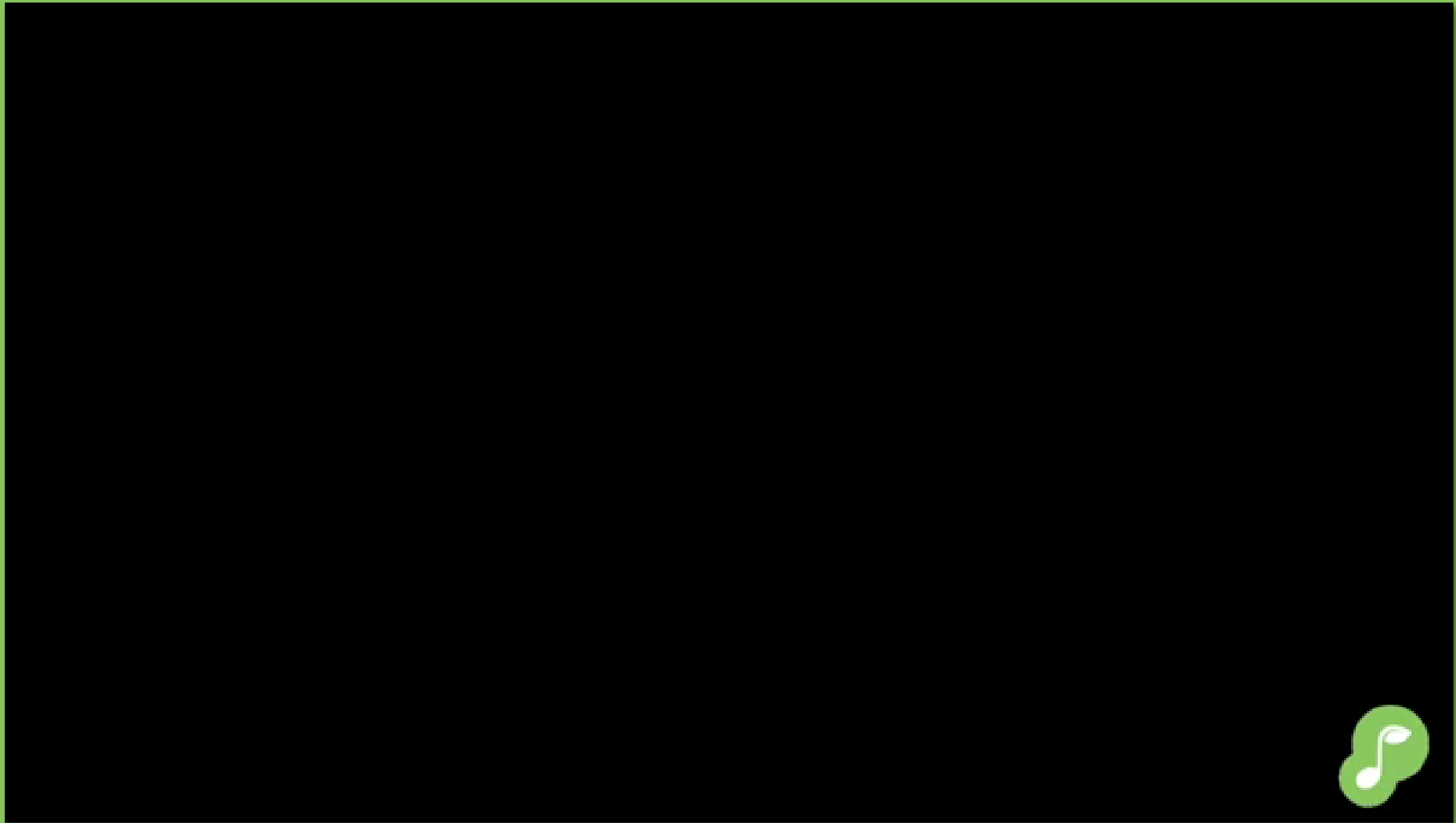
# Music Detective skills

- The Memory Bump (10 – 30yrs old)
- Inheritance tracks
- Identity tracks



Harry & Margaret

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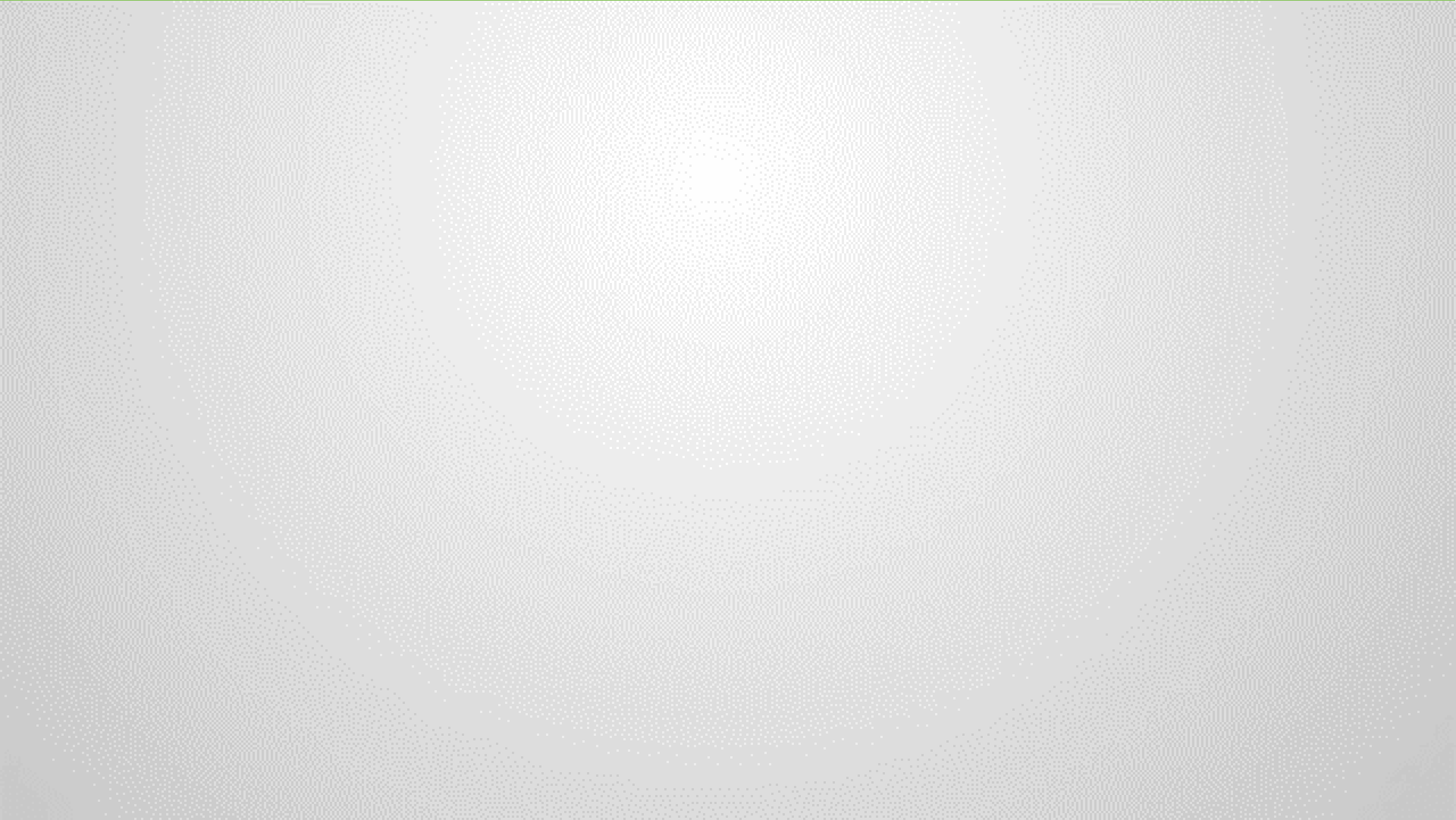
Harry and Margaret

# How you can help

- Share our resources with others you feel will benefit from learning about Playlist for Life
- Show people our comprehensive website and how they can begin to build their own playlist
- Signpost others to Playlist or to me for more information
- Access our free introductory webinars to learn more

**SPREAD THE WORD!**







**Jan Tuson**

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

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# Playlist for Life

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

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