



Dementia Toolkit – Stay safe and well

Calming sounds



Dementia Toolkit
Living your life with hope



Stay safe and well

Calming sounds

“

We go down to the sea and just watch the waves, as a lot of people do round here. It's lovely. It's so soothing watching the waves.

A person with dementia sharing their COVID-19 pandemic experience with our researchers

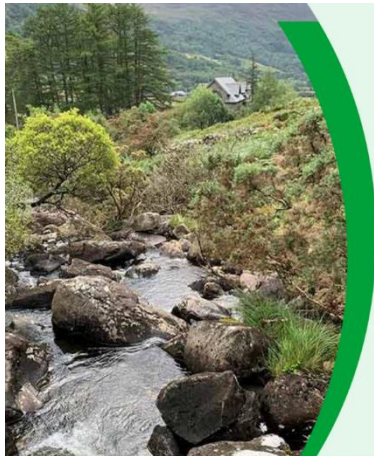
”

Many people spoke to us about places: places they enjoy and places they miss. Scenes and sounds are important to our wellbeing.

Sometimes you just need to re-centre by tuning out from your current surroundings and tuning into a relaxing scene.

Our team thought about the sounds and scenes that make them feel calm and relaxed. They took pictures of these scenes and also recorded the sounds that they could hear.

You can listen to the sounds that accompany the pictures below, and a variety of other scenes, on our website.

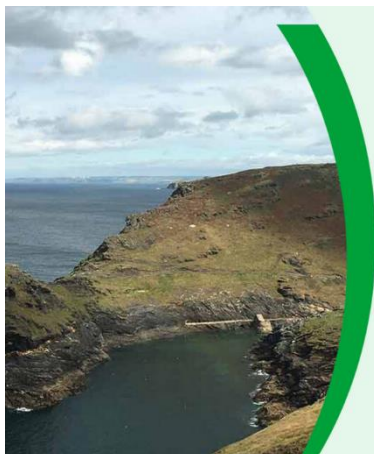


Our programme manager, Dr Claire Pentecost, is a keen walker and enjoys going camping. She recorded this fast stream near the Emily Kelly Hut (Cwm Dyli) in Snowdonia (Eryri).



These are Professor Linda Clare's cats, Siena and Lucca.

They sometimes make an appearance on video calls!



Our marvellous administrator Emma recorded the sound of the blowhole at Boscastle while on holiday in her beloved Cornwall.

Hearing natural sounds can be great for mood and relaxation.

Have a think about the sounds that make you feel calm and relaxed and the places where you could go to hear those sounds; it could be the sound of the rain, the wind blowing through the trees, or waves crashing on the shore.

If you are not able to visit those places in person, there are ways of bringing natural sounds into your home.

The BBC Sound Effects Archive has a huge range of different sounds which you can listen to from the comfort of your home.

Visit: <https://sound-effects.bbcrewind.co.uk>

There are also a range of products that you can buy online including:

- CDs and DVDs which play the relaxing sounds of nature
- The 'Soothing Sounds Dial': a miniature sound player which lets you select from 12 sounds including the ocean, campfire, and rainforest

You can buy the Soothing Sounds Dial here:

<https://www.alzproducts.co.uk/soothing-sounds-dial>

This resource is on the internet. Use the camera on your phone or tablet to scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing
IDEAL@exeter.ac.uk

If you prefer to write to us, then please address your letter to:
Living with Dementia Toolkit
PO Box 616
Exeter
EX1 9JB



www.livingwithdementiatoolkit.org.uk