



Dementia Toolkit – Stay active

Dance with playlist for life



Dementia Toolkit
Living your life with hope



Stay active

Dance with playlist for life

Dancing is a great form of exercise which allows you to move to the music you enjoy. Some people we spoke to were missing their in-person dance sessions:



Ballroom dancing stopped because you're restricted in what you can do – it's our hobby. It's a social thing and we miss it.

Friday mornings I would go to a tea dance and I did enjoy these.

Two different people with dementia telling our researchers about missing cancelled dance events during the COVID-19 pandemic



Many more people spoke about how listening to music was an important part of their life. On the next page we introduce Playlist for Life, so that you can listen to the music you like and even dance to it!

Playlist for Life

This online evidence-based resource helps you to create a playlist of personal music so that you can hear the songs which matter to you. A clear step-by-step approach shows you how to make your own playlist.

Playlist for Life also links you to other useful resources such as the BBC Music Memories website (which has TV and radio theme tunes). There are also handy tips on topics like how to choose an MP3 music player and when to listen to music.

Finding the right music can motivate you to move and lift your mood – create your personal playlist and get into the groove!

To find out more visit: <https://www.playlistforlife.org.uk/>

Jane, a former family carer, suggested that a younger family member or friend could create a playlist for a person with dementia as a way to connect with them.

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

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If you prefer to write to us, then please address your letter to:

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www.livingwithdementiatoolkit.org.uk