

Top Tips.



Music Memories

Music that is attached to memories can provide a total brain workout!

Did you know?

Listening to music can improve sleep quality, mental alertness, mood and memory. It can help reduce anxiety, blood pressure, and pain.

Try this...

Encourage residents or their family & friends to explore songs from their lives. For example, a song which reminds them of a loved one or a song played at a wedding. The songs chosen will help build a playlist of life which will be attached to memories.

The playlists will support engagements by evoking memories.

Top tip

By using a headphone and a splitter cable, you can make the engagement more private, intimate and block out any background noise.