

# Playlist for Life

Using personal playlists to deliver person-centred dementia care in the UK

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# Story 1: Mamie and Sally



# Music is special neurologically

## Corpus Callosum

Connects both sides of the brain

## Motor Cortex

Involved in movement while dancing or playing an instrument

## Prefrontal Cortex

Controls behaviour, expression and decision-making

## Nucleus Accumbens and Amygdala

Involved with emotional reactions to music

## Hippocampus

Involved in music, memories, experiences and context

## Sensory Cortex

Controls tactile feed back while playing instruments or dancing

## Auditory Cortex

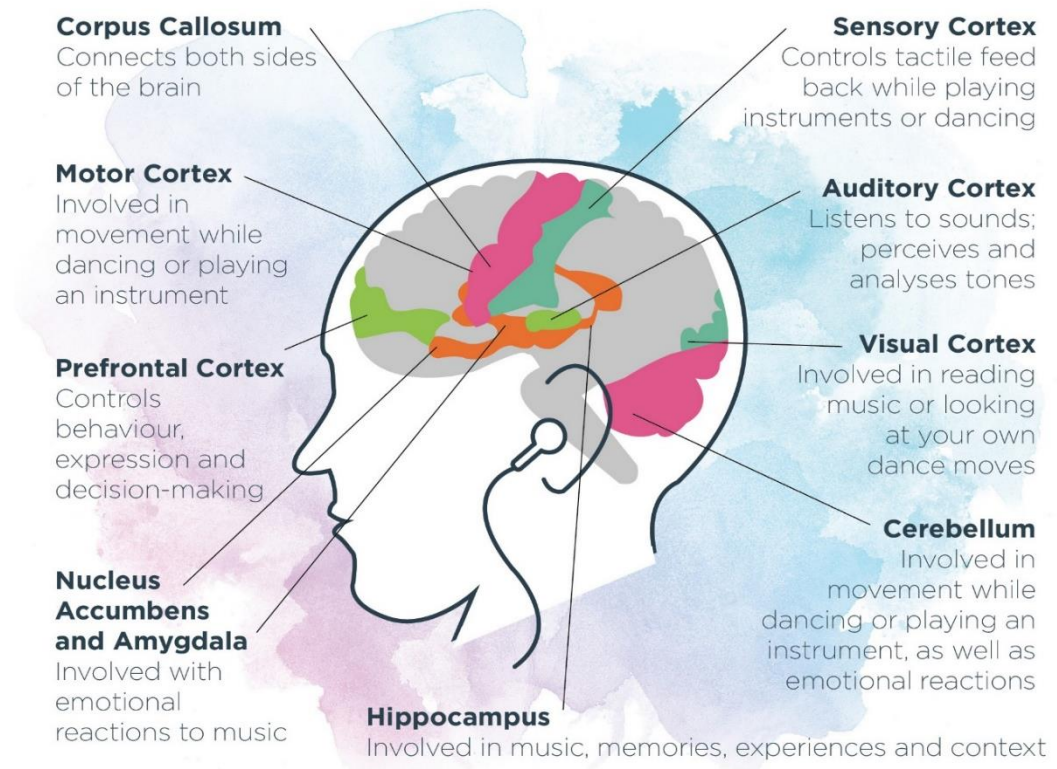
Listens to sounds; perceives and analyses tones

## Visual Cortex

Involved in reading music or looking at your own dance moves

## Cerebellum

Involved in movement while dancing or playing an instrument, as well as emotional reactions



# The Gerdner Protocol

Predicted results from scheduled listening:

- Decreased frequency of agitation or disruptive behaviors
- Decreased combativeness
- Decreased use of psychotropic drugs
- Decreased use of physical restraints
- Decreased likelihood of elopement or attempt to elope

# Story 2: Harry and Margaret



# What music goes onto a playlist?

Music that gives you  
**‘that flashback feeling’**  
- the soundtrack of your life

## 4 Music Detective tips

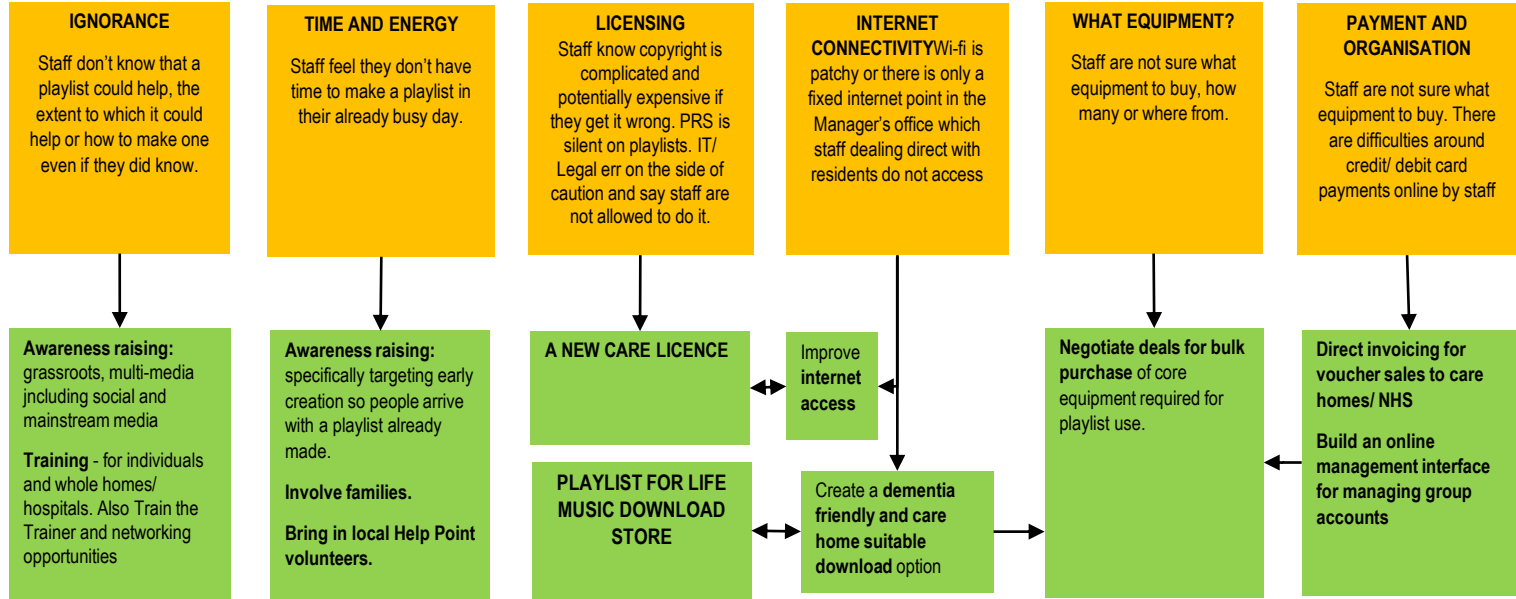
1. The Memory Bump
2. Inheritance tracks
3. Identity tracks
4. Red Flag Songs

## Our vision

Everyone with dementia should have a playlist  
And everyone who loves or cares for them should  
know how to use it.



Person with dementia



Person with dementia + playlist



Yellow = Barriers  
Green = Solutions

# Our work

1. Awareness raising
2. Community Help Points
3. Training for professionals
4. Music Labs

# Playlists in different contexts

- **Care homes A&E** - Kirkcaldy reports 96% success in managing stress and distress
- **Hospitals**
- **Hospices**
- **Communities**

Any questions?