

CGA/19/05 - Can personalised music be rapidly implemented in care homes as a non-pharmacological intervention for dementia

Many people with dementia in care settings are prescribed drugs to help with stress or distress but non-drug alternatives – like music – could be as effective. Playlist for life offers structured listening to a playlist of personally meaningful music developed after one-to-one life story work with trained “Music Detectives”. In preparation for a large trial investigating personalised music, we want to prove we can quickly compile playlists for 60 people with dementia and see how much these playlists are used. We also want to explore what people with dementia and their relatives think is the most important result to measure in the trial.