

Playlist for Life in NHS Greater Glasgow and Clyde

A Playlist of music that is meaningful to you has been proven to improve wellbeing for people living with dementia and the families and carers who support them.

Songs linked to important memories can:

- Reduce anxiety
- Boost mood
- Make everyday tasks easier
- Bring back memories to help carers connect



**Scan to find out
how to get started**



Teams in NHS Greater Glasgow & Clyde use Playlist for Life to support person-centred dementia care.

Speak to someone on the ward to find out more.