

Social Media sample text

Thank you for your interest in spreading the word about Playlist for Life! Please feel free to use any of the copy below on your own social media channels.

Correct social handles:

Twitter - @PlaylistforLife

Facebook - @playlistforlifeUK

Instagram - @playlistforlifeuk

Our website:

www.playlistforlife.org.uk

Awareness-raising posts

- .@PlaylistforLife's vision is simple: everyone with dementia should have a unique, personalised playlist and everyone who loves or cares for them should know how to use it. Visit playlistforlife.org.uk to discover the power of personalised playlists.
- Music can be a lifeline for someone living with #dementia. It can calm an anxious mind, improve someone's mood, and can even help people reconnect to happy memories. @PlaylistforLife is sharing the power of personal music for those living with dementia. Visit playlistforlife.org.uk to find out more.
- When used in #dementiacare, personalised playlists can reduce anxiety, improve moods, make difficult tasks more manageable and evoke memories.

Find out how your organisation can improve the wellbeing of those living with #dementia with the power of music: [link: www.playlistforlife.org.uk]

- Over 20 years of scientific research has shown that listening to a personalised playlist can improve the lives of those with #dementia.

Discover how listening to music that's personally meaningful can help evoke memories: [link: www.playlistforlife.org.uk]

- It has been observed that our response to #music is one thing that #dementia cannot destroy. The key is introducing music that is personal to the listener.

@PlaylistforLife harnesses the powerful effects of personal music to help anyone who is

affected by #dementia: playlistforlife.org.uk

- Making a playlist is totally free, and the results can be profound for someone living with #dementia. Find out more about building a personalised playlist using our free resources: playlistforlife.org.uk/get-started
- Using @PlaylistforLife resources, you can share meaningful connections with a loved one through personal music. Discover playlists: playlistforlife.org.uk/get-started
- Music works! 🎵💚
Research conducted with people living with #dementia found that 90% reacted positively to the music played. Find out more about the science behind personalised playlists: playlistforlife.org.uk/the-science

Resources

- A personalised playlist can be a lifeline for someone living with #dementia. Help a loved one reconnect with happy memories through meaningful music. Visit playlistforlife.org.uk/resources to find out more.
- The Playlist for Life Soundtrack to your life booklet is a great resource for identifying meaningful songs from your past and keeping note of the ones that evoke positive reactions. Download here: playlistforlife.org.uk/resources
- If you know someone living with #dementia, download Playlist for Life's free translated materials to help you at each stage of your playlist journey: playlistforlife.org.uk/resources
- Looking for fun, free, dementia-friendly activities you can do with a loved one at home? Playlist for Life's Conversation Starters are a great way to find meaningful songs for a personalised playlist. Get started today at playlistforlife.org.uk.
- The Playlist for Life 100 Years Book is the ideal resource for building playlists within a group, featuring the top 100 tunes in the UK from 1915–2015! Download the decades: playlistforlife.org.uk/the-100-years-book