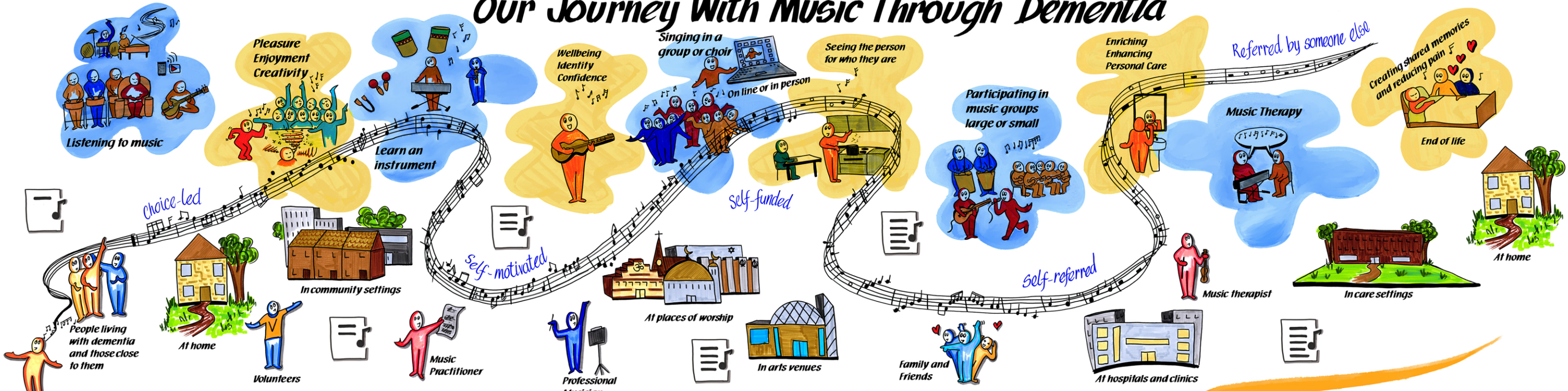


# Our Journey With Music Through Dementia



## 1. Healthy Ageing

Music has always been a part of my life  
 Creating, expressing,  
 stimulating and inspiring  
 Dancing through the years  
 to the soundtrack of my life  
 Keeping me healthy in my  
 heart, head and mind  
 Endless source of  
 pleasure and comfort  
 The music keeps playing  
 So many songs, so many tunes,  
 always more...

## 2. Supporting and enabling choice

Music brings so much into my life  
 Listening, singing, playing,  
 It's brought so much joy over time  
 It's helped me connect,  
 and stay connected  
 It gives me a voice,  
 lets people know who I am  
 In bright times and dark days  
 Music has always been a light  
 So much love, so much pleasure,  
 always there...

## 3. Staying Independent and Active (post diagnosis)

Things have been changing  
 in ways I never expected  
 Things I thought I knew  
 don't seem the same any more  
 So many questions,  
 Who are you? Where am I?  
 What does this all mean?  
 I turn to my music,  
 it's not changed, it's still there  
 It still brings me pleasure,  
 makes me smile, lifts my spirits  
 So much ahead, so much unknown,  
 But music will always be there...

## 4. Maximising Quality of Life (post diagnosis)

Every day I seek out my music  
 when motivation is lacking,  
 I reach for my vinyl  
 I don't have to think  
 My fingers find the groove  
 I'm transported back to days gone by  
 Hearing my music reassures  
 and connects me,  
 It lets me know that something  
 will always stay familiar  
 Even when faces aren't...  
 So many memories  
 So much changing  
 Yet my music plays on...

## 5. Maximising Comfort (Palliative care and end of life)

Life looks and sounds so different now  
 Words don't come easily and  
 I don't know who I'm talking to  
 I feel I'm in a different world  
 I just want to get back to where  
 it feels like home  
 Those feelings of confusion  
 and agitation fall away  
 when I hear my music  
 The words come back, I see smiles,  
 I feel connected and belong again  
 in an unfamiliar world  
 It brings me back, it helps me be,  
 my music is me...

## 6. The Musical Gift

I look back and listen to  
 the soundtrack of my life  
 The melodies, the songs,  
 the tunes that shaped my life  
 You listened to those songs  
 You understood what they meant to me  
 You knew how they could help me  
 when nothing else would  
 These songs are now your songs  
 to remember me by  
 May I live on for you through my music.