

Creating a Playlist to Comfort and Soothe

Begin with their music

Ask which songs, voices or sounds they love. Think of music from different parts of their life: childhood, celebrations, quiet evenings and ordinary days. Choose what feels familiar to them, rather than what others think is soothing.

Make a small, varied selection

A few favourite pieces are enough to begin. You might include a gentle song, something joyful, a piece of music that holds a memory, or a familiar hymn if that is meaningful to them. Leave room to add or remove tracks.

Play it gently

Ask whether they want music now. Keep the volume comfortable and make it easy to pause. Notice whether a song seems welcome; even a favourite piece may feel too much on some days. Silence is also a lovely choice.

Keep it easy to use

Save the playlist where carers or family can find it, and note any songs the person especially wants - or does not want - to hear. A simple speaker and an offline copy can help when internet access is uncertain.

A gentle reminder

The best playlist follows the person, and can change with them.