



Music Helps (UK): Useful Resources

Music as Therapy International



[Be Inspired: Exploring the role of music in dementia care](#) An ‘inspiration pack’ with ideas, considerations, and questions to help caregivers explore the role of music within the care of people living with dementia.

Our [Dementia Evidence Base](#) outlines the wealth of research underpinning the benefits of music for people living with dementia.



For more musical activity ideas, take a look at our [Dementia Activity Pack](#) , which can be tailored to suit the number of people you care for or support.

Read our [Partner Stories](#) to be inspired by the real-life impact music had had for our Partners working in dementia care.



Our support doesn’t end here; we are committed to helping caregivers embed music into the care they provide and we deliver a range of tailored training activities to suit different care contexts. Sign up to our Motivation Programme to receive occasional email bulletins from us with resources, activities and further opportunities to support you in your ongoing use of music.

If you would like free, ongoing support to help you continue using music in dementia care, including resources, activities, and further opportunities, sign up to our [Motivation Programme](#), or [contact us](#) at any time.

Or, if you’d like to discuss your individual needs and explore further training with us, [we’d love to hear from you](#).

Dementia Support

The following list is just a selection of the many organisations and resources offering advice and information about dementia care and support:



[Worried someone has dementia? - NHS \(www.nhs.uk\)](#) Information on early signs of dementia, receiving a possible diagnosis, and finding support.



[Carers Trust](#) is the largest network of organisations that provides help and advice to unpaid carers in the UK.



[Carers UK](#) is a charity that provides information, advice and support for carers in the UK.



[Dementia UK](#) is the specialist dementia nurse charity. Their Admiral Nurses provide free, life-changing support and advice to anyone affected by dementia.

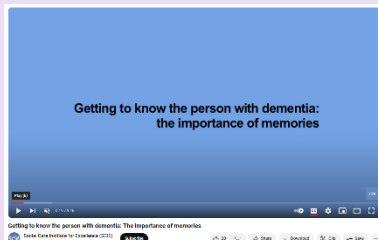


[Intercultural dementia care - A guide for health and care workers](#) (NHS)



[Lewy Buddy Support Network UK](#) is a community-led organisation created to support people affected by Lewy body disorder.

Awareness-Raising Resources



[Getting to know the person living with dementia](#) – A short film produced by [Social Care Institute for Excellence \(SCIE\)](#) highlighting the importance of getting to know the person living with dementia.



[Race and dementia](#) ([Runnymede Trust](#)) This short film explores the double discrimination faced by many BME people living with dementia in the UK.



['Finding Patience'](#): A short film illustrating the importance of cultural awareness and a person-centred approach in dementia care, in this case, considering the experience of an Afro-Caribbean family coming to terms with a family member's dementia diagnosis.

Music resources



[BBC Music Memories](#) A free service designed for people with dementia to find music that they remember, to help reconnect with their most powerful memories.



[M4D Radio](#) A free internet radio station created for people living with dementia and their carers, available 24/7.



[Music Can](#) An online resource hub and directory of music activities, opportunities and resources for people living with dementia across the UK.



[Music for Dementia](#) offer a wide range of musical resources tailored to care staff, social care professionals and musicians, as well as resources evidencing the benefits of music for people living with dementia.



[‘Music Mondays’](#) This short YouTube series, with Music Therapist, Grace Meadows, and [Dementia Carers Count](#), explores the use of music for personal wellbeing and how it can be used as a tool to support dementia care.



[Playlist for Life](#) offer resources to help identify meaningful songs for someone living with dementia, including a [‘100 years Book’](#) and tips on being a ‘musical detective’.



[The Song Book](#) (produced by [Shared Harmonies CIC](#)) includes dementia friendly songs from around the world and ideas about how they could be used, promoting inclusive ways of engaging with people living with dementia from different ethnic backgrounds.



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