

THE PLAYLIST OF YOUR LIFE

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Following a diagnosis of dementia (especially FTD-PPA), in all likelihood, there will come a time when one is unable to use language to communicate. In anticipation of this time, we recommend making a list of the music, films, poetry, food, and television shows you enjoy so that when you're no longer able to communicate with language, your caregivers, friends and family will know your personal taste. We believe this should be a part of any good advance directives planning for those with cognitive challenges.

MUSIC & SONGS

- That make you smile
- Bring tears to your eyes
- Relax you
- Help you to focus
- Sing around a campfire
- While doing chores
- While exercising
- Falling asleep
- During a road trip
- During rush hour
- Going on vacation
- Childhood
- Junior and senior high
- First date, dance or kiss
- Falling in love
- Breaking-up
- Wedding
- "That summer"
- Inspiration
- When you're sad or lonely
- Holiday music
- Hymns
- Classical favorites
- Jazz music
- Broadway tunes
- The song you want to hear as you take your final breath

SPIRITUAL INSPIRATION

- Scripture passages
- Poems
- Prayers

FILMS, TV, & RADIO

- Favorite movies and television shows
- Types of film and television, e.g. drama, comedy, action, thriller, documentary
- News broadcasters and commentators
- Television/radio shows that you really dislike
- Fiction or non-fiction
- Flowers and plants
- Sports, games, hobbies
- Colors, smells, sounds
- Animals and pets

FOODS

- Favorite breakfast, lunch, dinner meals
- Snacks: salty, sweet or both?
- Desserts and cookies
- Soups and Sandwiches
- Drinks
- Comfort meals, foods and recipes
- Food and drink that you really don't like

PLACES

- Parks, restaurants, stores
- How do you like to travel?

CLOTHING

- Sleepwear
- Favorite sweater or sweatshirt
- Tops and bottoms
- Socks and shoes

FRIENDS & FAMILY

- Visit with you when you're not able to go out
- Be with you at the end of your life

PERSONAL HABITS

- When you awake and go to sleep
- Preferred meal time
- Bathing and tooth brushing
- Favorite soap, shampoo and toothpaste
- Preferred exercise
- Do you like to be alone or with other people?
- Bucket list items still not fulfilled
- What makes you anxious? What makes you calm?
- How do you like to be touched? How do you not want to be touched?
- Temperature preferences