



Free Music Playlists for the Elderly

Music has been proven to be very beneficial for the elderly in long term care, particularly those living with dementia or Alzheimer's Disease.

Studies have shown that music promotes better health through the enjoyment of listening, dancing and singing.

Music also triggers long forgotten memories and enables residents to engage and reach a higher level of functioning.

Related: [The Benefits of Individual Music Activities for the Elderly](#)

Music has never been more affordable or easier to access. Websites such as 'YouTube' and 'Spotify', offer a wide variety of music free of charge.

Here is a brief description of YouTube and Spotify including links to music playlists we have created that are free to use.

YouTube

YouTube has quickly become one of the most popular ways for people to listen to music.

You can even create your own playlists on YouTube, which is like a list of music videos that will automatically play one-after-the-other. Visit YouTube here: <https://www.youtube.com/>

Here are links to [4 play lists on YouTube](#) we have put together for you to use with your clients:

- [Hits from the 40s](#)
- [Hits from the 50s](#)
- [Hits from the 60s](#)
- ['Rainy Day' Sing-along](#)

Spotify

Spotify is a music service that has an almost limitless range of songs and artists. There is a free version supported by ads, and a paid version for \$12 a month without ads.

To use Spotify you will need to create an account and download software for your computer or smart phone / device. To get started simply go to their website <https://www.spotify.com/> and follow the instructions from there.

Here are links to [4 playlists on Spotify](#) we have created for you. If you click "Follow" on the playlist, you will be notified when we add new music to the playlists.

- [Hits from the 40s](#)
- [Hits from the 50s](#)
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YouTube vs Spotify

- YouTube is free. There is a free version of Spotify but the ads can get annoying.
- In Spotify, it is easier to create playlists than in YouTube where you have to hunt down all the music videos.
- The quality of the sound is often better on Spotify.
- It can be fun to watch the music videos on YouTube. Spotify is for listening to music only.

Both are great and well worth checking out.

Enjoy!

Note: Please make sure to follow the relevant terms and conditions of each service.

Related:

[Songs for Seniors Quiz](#)

[Sing-along with Picture Cards](#)

We'd love to hear your feedback. Please leave your comments below.