Are you a caregiver to someone living at home with dementia or Alzheimers?

- A personalized music playlist can increase participation in activities of daily living and positively impact the lives of people living with memory loss.
- Research shows that specific music associated with important life events can trigger memories and help the listener regain focus and connection to their surroundings.
- The libraries can help you build a personalized playlist and load them onto your music player! Small music playing devices are available for loan.
- Find out how to bring this opportunity to your friend or family member living at home by calling 914-231-3237 or visiting: 
  
  seniors.westchesterlibraries.org/music-and-memory