



## Three steps to choosing the right equipment for you

### Decision 1 Will you use the internet or listen to CDs or tapes?

Streaming and downloading are two ways to listen to music using the internet. Almost every song ever recorded can now be found online so using the internet makes it easy to find the right music very quickly.

**Streaming** is like being a member of a huge music library on the internet. You type the name of a song into the library and listen to it instantly. While you are a member you can listen to any song in the library whenever you want. You will usually pay a monthly subscription and if you cancel your membership you will lose access to the music. You need a good internet connection the whole time you are listening.

**Downloading** means buying songs on the internet. It's like going into a record shop on the High Street and buying a record only it all happens on the internet and you get the song instantly. Once the song is on your chosen listening device you don't need an internet connection any more and can listen anywhere.

**Not going digital:** While the internet can make finding your music easier, you can also stick with what you already know, like CDs, cassettes or record players.

### Decision 2 Which device will you listen to your playlist on?



#### iPhone/iPad

**Stream:** Playlist for Life app, Spotify, Apple Music, Amazon Music Unlimited, Youtube videos

**Download:** iTunes, Amazon



#### Android phone/tablet

**Stream:** Spotify, Google Play, Amazon Music Unlimited; Youtube videos

**Download:** iTunes, Amazon



#### Desktop or laptop computer

**Stream:** Spotify, Amazon Music Unlimited, Youtube videos

**Download:** iTunes, Amazon

More options overleaf →



## CDs, LPs, Cassettes

**What else you will need:** A hi-fi with speakers or headphones.

**Where you can find music:** You can buy CDs, LPs and cassettes at High Street record shops or at online shops who will deliver them. **Amazon.co.uk** is one online shop you can use to do this. **eBay.co.uk** is another which specialises in second hand items.



## Dementia-friendly desktop music player

**Unforgettable** is a company that specialises in products for people with dementia and their carers. They sell several desktop music players on their website: **www.unforgettable.org**

**What else you will need:** A computer to download music.



## Portable music player

A portable music player allows you to take your playlist with you wherever you go. There are many varieties available to buy.

**What else you will need:** A computer to download music

## Decision 3 What other equipment will you use?



### Speakers

Speakers are useful if you don't like headphones or want to listen to music out loud. Phones and tablets have speakers built in but they are often poor quality and you may enjoy your music better with your own speakers.



### Headphones

Headphones are useful if you want to listen to music without being disturbed. Most music players come with them included but you may want to buy a set that is more comfortable for you.



### USB Stick

You can transfer music to a USB stick from your home computer or laptop. Some TVs let you play music from a USB, as do some hi-fi's and car stereos. Check your chosen equipment to see if it is compatible with USB playback.



### Headphone Splitter

A headphone splitter allows two people to listen to music from one player at the same time using two sets of headphones. Perfect for sharing the power of music and memory together!