

How to make a Spotify playlist on desktop

Research has shown there are evidenced emotional, psychological, social and communication benefits to playing personalised music with people living with dementia.

Often families or loved ones don't know how to get on to the right platform to create a playlist, nor do they know how to have a conversation with their loved one about what music they would like on it.

Music for Dementia has produced this series of guides to help you access the music you love.

Please note: Spotify has a free option and a payable option, called Spotify premium. It is important to note that the basic subscription will play an advert about every 15 minutes. Spotify premium is ad-free and allows you to download your songs to listen offline.

1.



Open Spotify

Type the following address into your internet browser

<https://open.spotify.com>

2.



Login or create Spotify account

In order to access Spotify's songs you have to have an account. If you have an account, log in as usual. If not click **Sign Up** in the top right corner of the screen and follow the instructions.

3.



Start a playlist

Select **Create New Playlists** from the menu on the left hand side.

4.



Name your playlist

A pop-up will appear. Type the name you want to give your playlist in the text box and click **Create**.

Your playlist should now appear on the left hand side.

5.



Find songs

Search for the music you want by clicking the magnifying glass on the menu on the left then type the artist or song name into the text bar.

6.



To add songs

Once you have a song you wish to add click on the three dots to the right of the song name. On the dropdown menu click **add to playlist**. Your created playlist should appear. Select that and the track will be added to your playlist.

6.



To remove songs

To get rid of a song from the playlist click the three dots to the right of the song name and select **Remove from this Playlist**.

Now get ready to dust off your air guitar!

How to make a Spotify playlist on mobile

For people living with dementia, music isn't a nicety, it's a necessity.

Music for Dementia is working to make music free for people living with dementia.

Our website provides a range of guides, information and resources for people living with dementia and their families and carers.

www.musicfordementia.org.uk

1.



Download Spotify app

This can be found in the Google Play or Apple app store.

2.



Login or create Spotify account

In order to access Spotify's songs you have to have an account. If you have an account, log in as usual. If not tap **Sign Up Free** and follow the instructions.

3.



Create playlist

Select **Your Library** from the menu at the bottom of the app then select the **Playlists** tab near the top of the screen and tap **Create Playlist**.

4.



Name your playlist

A text box will appear. Type the name you want to give your playlist onto it and tap **Create**. You can find the playlist again by returning to **Your Library** then clicking **Playlists**.

5.



Find songs

Search for the music you want by tapping the magnifying glass at the bottom of the screen then type the artist or song name into the text bar.

6.



To add songs

Once you have a song you wish to add click on the three dots to the right of the song name. On the dropdown menu click **add to playlist**. Your created playlist should appear. Select that and the track will be added to your playlist.

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To remove songs

To get rid of a song from the playlist click the three dots to the right of the song name and select **Remove from this Playlist**.

Now get ready to dust off your air drums!

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