

My Life Films

For relaxation,
reminiscence,
stimulation and joy



Who is My Life TV for?

My Life TV is designed for people in the mid-to-late stages of dementia with moderate-to-severe symptoms, whether living at home or in a care setting.

All our content is dementia-centred – meeting the cognitive, emotional and physical needs of people living with dementia, including memory problems, reduced concentration, agitation, poor mobility and being socially withdrawn or disconnected.

Our programmes are designed for individual use and for group activities, supporting carers at home and staff in residential and day care settings to provide high-quality, person-centred dementia care.

How do I watch My Life TV?

My Life TV is web-based which means you can watch whenever you want on a laptop, tablet or phone, or directly on your television via Amazon Firestick, Apple TV and Android TV.

What sort of programmes does My Life TV offer?

We offer over 200 hours of programmes, with new titles added regularly to cater to a wide and diverse range of interests including:

Calming Content

Take a slow tour of Kew Gardens, or the Royal Parks, experience the Northern Lights with a classical music soundtrack, go birdwatching in Wales, safari in Kenya, or indulge in our user-favourite documentary *Pet Babies*.

Reminiscence

Enjoy cultural celebrations like Diwali and Chinese New Year, visit British landmarks and world cities, or take a guided tour of the National Trust's *Birmingham Back to Backs*.

Feel-good

Revisit popular programmes from the BBC Archive with episodes from *Delia Smith*, *The Generation Game*, *Come Dancing* and *One Man and His Dog*.

Guided activities

Take part in instructor-led chair yoga and breathwork, topical quizzes and singalongs.

How much does My Life TV cost?



For people living at home, a quarterly subscription is £15.99, and an annual subscription is £59.99. Visit mylifefilms.org for more information and to sign up today!

**“My Life TV is a fantastic resource;
Mum and I can use it together,
and Mum can also use it on her own.”**

*Anne, who cares for her mother Joyce,
reflecting on My Life TV*