

# My Life Films



## 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living with dementia, including memory problems, reduced concentration, agitation, poor mobility and being socially withdrawn or disconnected.

## How can My Life TV be used in care settings?

My Life TV has been designed to support the delivery of person-centred care within professional care settings.

Our wide range of content can be used to facilitate personalised activity sessions for groups or individuals, as well as stimulating conversation and connection with others. It has been seen to improve the mood and wellbeing of people living with dementia, providing moments of calm, joy or stimulation as needed.

A clinical study by South West London and St George's Mental Health NHS Trust, published in the *Journal of Clinical Psychology* in 2019 concluded that our programmes can:

- decrease dementia symptom levels
- improve quality of life
- help care staff to deliver person-centred care
- support routine care
- in some instances reduce drug use

## TV reimaged for individuals with dementia and the elderly

### 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 do we access 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

### How much does My Life TV cost?

Our care settings package allows access on up to 30 devices, for £349.99 per year or £99.99 per quarter.



Visit [mylifefilms.org](https://mylifefilms.org)  
for more information  
and to sign up today!

***"It's a complete game changer  
for our residents – we use it daily.  
Our residents are mesmerized,  
so focused!"***

*Joanna Warren, St Mary's Care Home, Hampton*