

A Guide to Appropriate Music

- Music choices should be generation-appropriate (listened to in late adolescence or early adulthood; 15-25) & "sing-able" (not too high or complex)
- Generation Guide:
 - 90 years old = 15 in 1946, 25 in 1956
 - 80 years old = 15 in 1956, 25 in 1966
 - 70 years old = 15 in 1966, 25 in 1976
 - 60 years old = 15 in 1976, 25 in 1986

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• Need a place to start? •
• Explore Perfect Harmony's •
• Generational Playlists on •
•  Spotify •
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Questions to Ask

- Spend some quality time connecting with an individual in your care about their musical preferences. Create an age-appropriate playlist with a variety of genres (Country, Pop, Sacred, Classical, etc.) and determine what the individual appears to most enjoy.

Here are some questions to get the conversation started:

- Where did you grow up?
- Did you used to attend church?
- Were you in the military?
- Do you like music?
 - Who is your favorite singer?
 - What is your favorite band?