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

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?

Need a place to start?
Explore Perfect Harmony’s Generational Playlists on Spotify