

Aurora Care

Your Musical Directive



Create the perfect playlist for the end of your life

I've attended the deaths of people whose caregivers tried hard to create a relaxing and meaningful space for their clients, but sadly missed the mark on the music, choosing something they thought would create a peaceful atmosphere, but ended up agitating the dying person.

Solemn funeral type music may not be the best choice for someone who loved the Rolling Stones.

Research has shown that music has the power to relax, uplift, evoke memories, make us feel better or make us feel worse. It has the power to transform a sterile hospital room into a comfortable space filled with love.

Other research has shown that of all our five senses, our hearing fails last when we are dying. If you were in the position where you couldn't change the music for yourself, what music would help you feel just a little better?

There are many music streaming sites where you can build playlists and most have free versions. A quick internet search will find you the apps and sites that are currently active. Don't worry if you're not tech savvy, you can create an old fashioned list that will do the same job, in the hands of someone with a digital device such as a smartphone, laptop or tablet. Even if you are tech savvy, sites and apps come and go, it never hurts to have a written copy with your Advance Directive.

If you don't have an Advance Directive, or you're not sure what it is and why you should have one, check out AuroraCare.ca

Think about;



Tracks from events that are meaningful to you;
Weddings, holidays, anniversaries, celebrations, vacations and even those special tiny moments in life.

Tracks that remind you of your loved ones.

Tracks that create a relaxing feeling in you.

Tracks that remind you of your favourite places.

Tracks that uplift you.

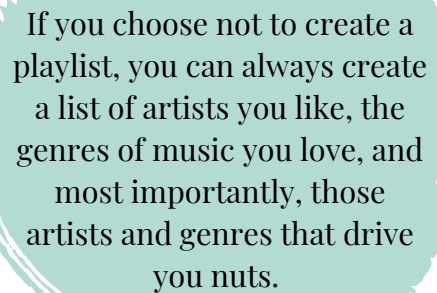
Consider adding in some tracks of nature sounds.

Consider a custom made Guided Relaxation from Aurora Care.

Consider any religious or spiritual tracks or readings you'd like to incorporate.

Consider the feelings you'd like to feel.

Consider the atmosphere you'd like to create.



If you choose not to create a playlist, you can always create a list of artists you like, the genres of music you love, and most importantly, those artists and genres that drive you nuts.