# How to Build the Dementia Friendly Music Player

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My Dad could not operate normal music players. But he could operate this music player because it operates like a familiar two-knob radio. My son & I were inspired to design this by the documentary <u>Alive Inside</u> which shows the profound joy felt by some people with dementia when listening to their favorite music.

It's easier than you think to make one. Everything I did (e.g. software, wood case design) is open source. This document contains all the information you need. You can order the parts online. Good project for kids. A 13 year old can do this with minimal assistance. Younger kids with more assistance.

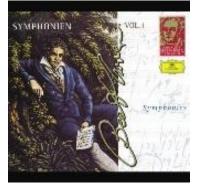
Parts cost	~\$110 + tax + shipping		
Music cost	Minimal as you should use the recipient's existing music collection		
Build time	About three hours, once you have the parts & music		
Parts source	All parts can be mail ordered, links below		
Soldering?	No		
Woodworking?	No		
Laser cutter needed?	No, you can mail order the pre-cut pieces for the wood case		
With a friend?	Good idea, especially if your friend has the basic tools required		
Beverage?	I recommend a hoppy IPA while you are assembling		



### **Preview of the steps**



STEP 2: Assemble recipient's favorite music



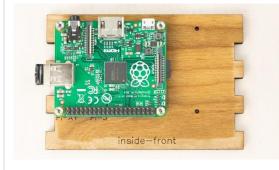
STEP 3: Copy software to micro SD card



STEP 4: Stain it



STEP 5: Add the Pi



STEP 6: Wire it



STEP 7: Glue it



STEP 8: Add audio cable



STEP 9: Enjoy!



### No warranty

USE THESE DQMUSICBOX PLANS AND SYSTEM AT YOUR OWN RISK. THE DQMUSICBOX PLANS ARE PROVIDED AS IS WITHOUT WARRANTY OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING, BUT NOT LIMITED TO, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. THE ENTIRE RISK AS TO THE QUALITY AND PERFORMANCE OF THE PLANS AND SYSTEM IS WITH YOU. SHOULD THE PLANS OR SYSTEM PROVE DEFECTIVE, YOU ASSUME THE COST OF ALL NECESSARY SERVICING, REPAIR OR CORRECTION. IN NO EVENT WILL ANY PARTY BE LIABLE TO YOU FOR DAMAGES, INCLUDING ANY GENERAL, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF THE USE OR INABILITY TO USE THE PLANS OR SYSTEM.

### **Acknowledgements**

People were very generous with their time, and I really enjoyed the experience. This is certainly an incomplete list: Alex & Mike & others at Ada's, the super smart staff at Metrix, neighbor Randy, Stephen Christopher Phillips, Bob Rathbone, Stephen Rusk, Graham Hill, support at Ponoko, Florian Festi, and my son.

### What DQMusicBox does

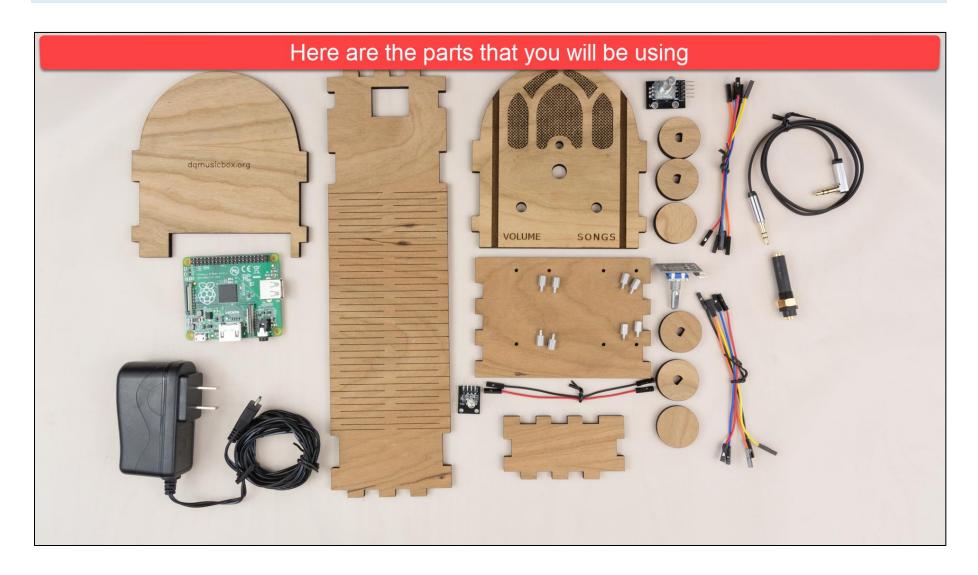
### For the person with dementia

Name	Description & implementation
Start song	Turning either of the knobs will start music playing.
Change song	Turn the songs knob.
Change volume	Turn the volume knob.
Pause	Tap the volume knob. Note that this also happens automatically – music pauses if there are no knob events in one hour.

#### For you

Name	Description & implementation	
Shut down	Pull the power plug or long hold (15-30 seconds) on the volume knob.	
Reboot	Pull the power plug and re-insert or long hold (15-30 seconds) on the songs knob.	
Add/remove music	By adding/removing files on the USB memory stick.	

# **STEP 1: Order the parts**



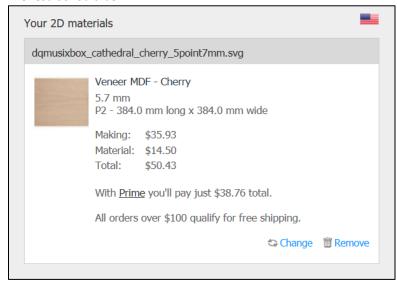
#### **Create a Ponoko account (optional but convenient)**

Ponoko is a company that laser cuts wood and sends you the precisely cut pieces. You don't need to use Ponoko – you are welcome to take <u>my case design files</u> to your local maker space and use the laser cutter there. Or buy yourself a laser cutter (if you do, will you be my friend?). In other words, Ponoko is convenient but not necessary. I have no affiliation with them, other than being a happy customer. To create a Ponoko account:

- 1. Go to https://www.ponoko.com/
- 2. Choose "Get Making"

#### **Order from Ponoko**

- 1. Go to https://www.ponoko.com/design-your-own/products/case-for-dementia-friendly-music-player-cherry-14954
- 2. Click on "Add to Personal Factory"
- 3. Login
- 4. Check to accept the license, click "Add"
- 5. The result should be:



6. Click "Make it"

### **Order the remaining parts - US**

Item	Supplier	Cost	Notes & alternatives	
DQMusicBox cherry case	Ponoko	\$50.43	See instructions above.	
Raspberry Pi A+ single board computer	Newark	\$20.00	Or buy from Allied or Amazon. Or use a Raspberry Pi 3 B+ or 3B or 2B.	
<u>Power supply</u>	Newark	\$5.99	This is the US model. Any micro USB 2A or better supply will do.	
Female-female jumper wires	Newark	\$3.56	Or buy Amazon <u>B01L5ULRUA</u>	
Panel mount 3.5mm headphone jack	Newark	\$2.69	Or buy Amazon B004JX64FE	
M2.5 standoffs (screws)	Newark	\$3.14	Or by Amazon <u>B06XXV8RTR</u>	
Micro SD card 16GB	Amazon	\$6.95	Any brand name micro SD card that is 8GB or larger will do.	
USB thumb drive 16GB	Amazon	\$6.97	Any USB thumb drive will work, but many will protrude greatly from the case	
Audio cable	Amazon	\$5.29	Or find a short audio cable with a right angle bend.	
KY-016 indicator LED (note shipping			Seller ships from China, takes 2-3 weeks, but the case takes a while too. Or order as one piece	
<u>time)</u>	eBay	\$1.62	of this kit - Amazon <u>B013UL6LFS</u> , which will arrive in a few days.	
			Seller ships from US. If not available, search eBay for KY-040, verify that it has screw threads.	
KY-040 rotary encoders (knobs)	еВау	\$5.39	Amazon sometimes has KY-040, though they generally ship from China.	
TOTAL		\$112.03	Prices will vary. Does not include tax, shipping.	

### **About headphones**

Item	Cost	Notes and alternatives	
The recipient's existing headphone	\$0.00	The best headphones are the headphones that the recipient is already used to.	
Panasonic RP-HT21	\$6.25	OK sound. Long cord.	
AmazonBasics On-Ear Headphones	\$14.99	Good sound. Cord is a bit short.	
Sony MDR7506	\$79.99	Amazing sound. Dad loved the sound. But a bit frustrating – they tend to fold themselves up.	
Other		Look for high sensitivity headphones, as the Pi's output is a bit weak.	

### **Tools & supplies**

You probably have some of these supplies. If you don't, you have a friend that does. This is exactly the sort of project that a friend would be happy to help you with.

Link to order item	Notes & alternatives	
Elmer's wood glue	Any wood glue will do	
3/16 <sup>th</sup> nut driver	Or wrench. Or needle-nosed pliers. Or really strong fingers	
SD card reader/writer	Your computer may have an SD card reader/writer. If not, you probably have a friend that does. Or order a <u>USB SD-card reader</u> .	
Painter's tape	Any tape that comes off easily will do. Painter's tape is great. Regular masking tape is probably fine too.	
Light blocking sticker	The LED is bright, so I prefer to block some light. You can use the tape above. Or light blocking stickers e.g. Amazon B009WSJNCW.	
Wood stain or oil	If you have a friend that does woodworking, ask them for advice and they'll probably give you the little bit of product that you need. I used	
	Tried & True Danish Oil (linseed oil) because I like the result, it's easy, and non-toxic.	

### STEP 2: Assemble the personalized collection of music

### Choosing the music – go for familiar favorites

This is the most important step. The personalized (familiar) music is the fundamental magic. You don't need much music, perhaps 6-10 albums. But only familiar favorites. In my case, my Mom mailed me my Dad's favorite CDs. It will take two weeks for the parts above to arrive, so you have time to do this well. Though it is easy to change the set of music later.

#### Put the music on the USB memory stick

Organize the digitized music into folders on the USB memory stick, one folder per album. MP3, iTunes, and FLAC files are supported i.e. files with extensions .mp3, .m4a, .flac. In the end, you should have a set of folders that looks something like this:

Name	Date modified	Туре
A_Beethoven9	10/24/2015 6:25 PM	File folder
] B_Eli_PorterEli_Porter	10/24/2015 6:25 PM	File folder
C_MozartOvertures	10/24/2015 6:25 PM	File folder
D_TchaikovskyConcerto for Violin i	10/24/2015 6:25 PM	File folder
E_Vivaldi_Telemann_Bach_Mercadante	10/24/2015 6:25 PM	File folder
F_Samuel BarberBarber; Adagio for	10/24/2015 6:26 PM	File folder
G_James GalwaySerenade	10/24/2015 6:26 PM	File folder
H_Giacomo PucciniMadama Butter	10/24/2015 6:26 PM	File folder
I_Giacomo PucciniMadama Butterfl	10/24/2015 6:26 PM	File folder
J_Giacomo PucciniMadama Butterf	10/24/2015 6:26 PM	File folder
K_Leontyne PriceArias	10/24/2015 6:26 PM	File folder

### STEP 3: Copy software to the micro-SD memory card

I prepared a disk image for you. It has all the required software. Your job is to download this disk image and then write it to the micro-SD card. The steps:

- 1. Install Etcher on your PC or Mac or Linux computer. Win32 Disk Imager also works.
- 2. Download the DQMusicBox disk image. 935MB.



3. Confirm download – "Download anyway"



- 4. Put the micro-SD memory card into the SD card adapter that it came with i.e. put the tiny card into the larger card.
- 5. Put the SD card adapter into the SD reader/writer in your computer.
- 6. Start Etcher, instruct it to write the image file to the SD card:



- 7. Wait for the writing to complete, ~10 minutes. This would be a good time to make a sandwich.
- 8. If you are a nerd or your friend is a nerd, see the optional step in Appendix 1.

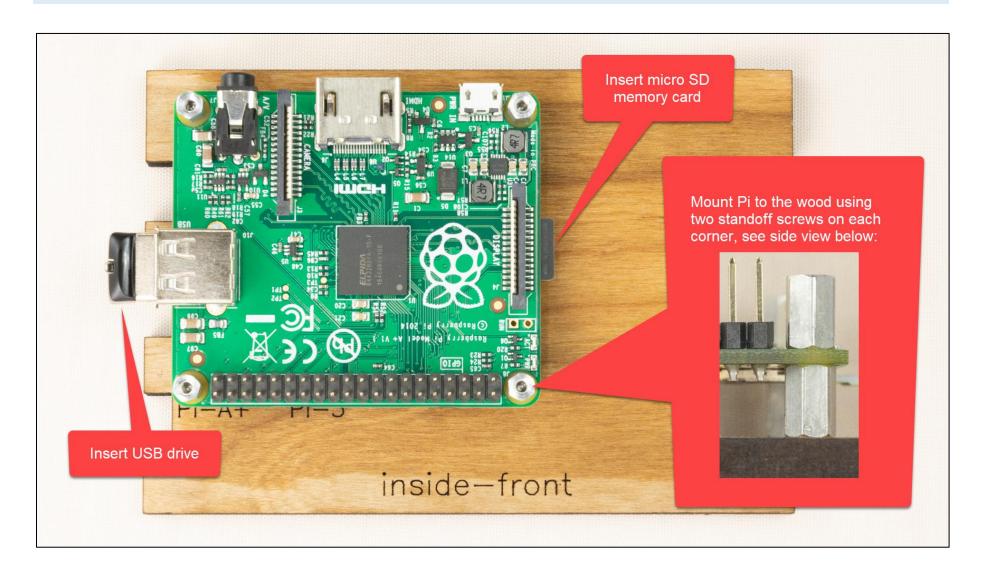
# STEP 4: Stain it or oil it

Ask a woodworking friend for help. They probably have everything you need.

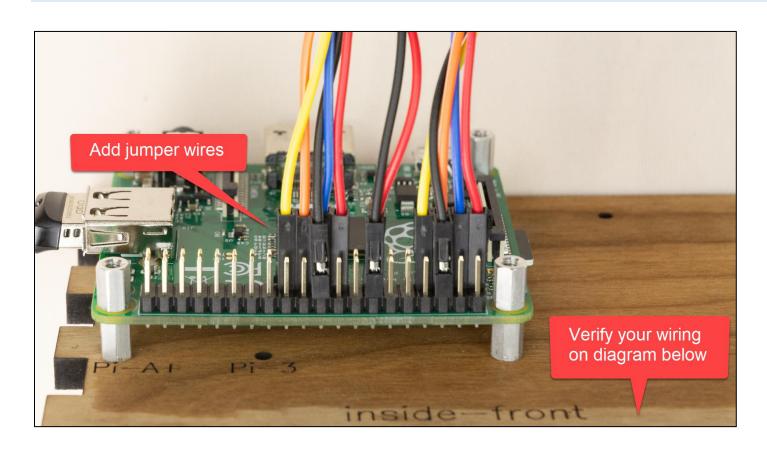


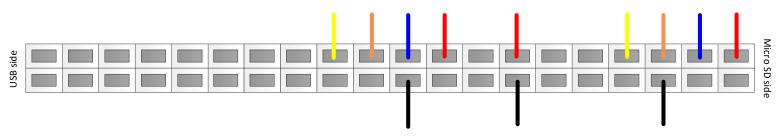
I used the non-toxic Tried & True Danish Oil i.e. flax seed oil. Three thin coats (three days) for outside surfaces. One thin coat for inside surfaces. Follow directions on the can.

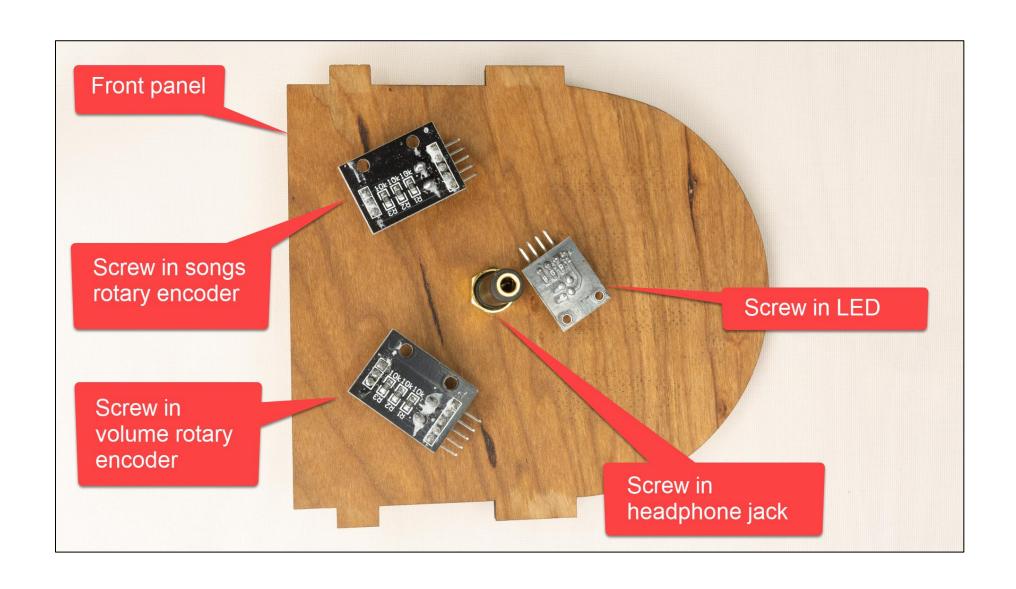
### STEP 5: Add the Pi

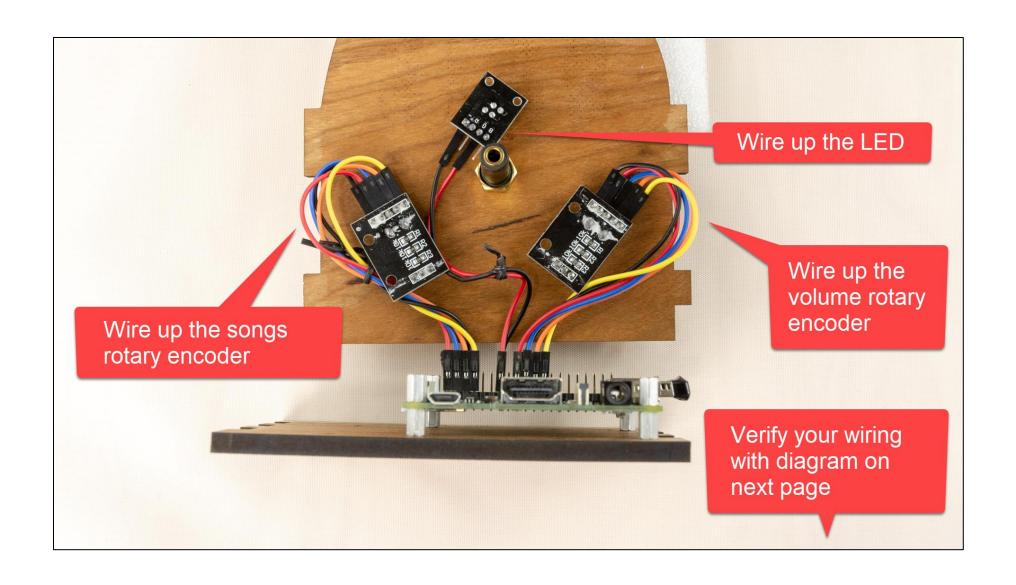


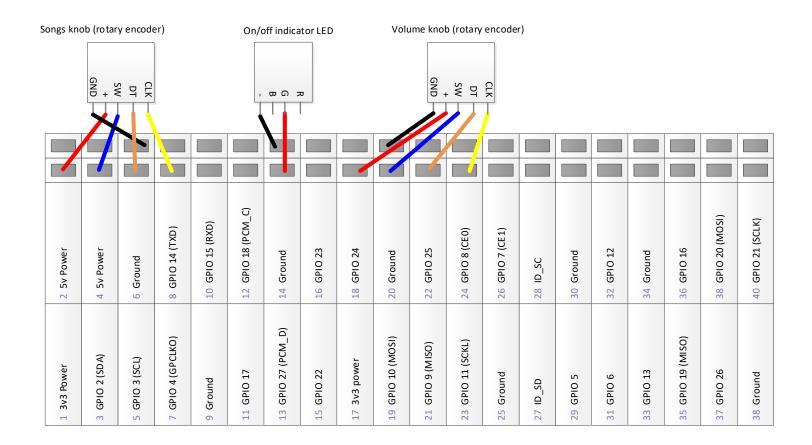
### **STEP 6: Wire it**



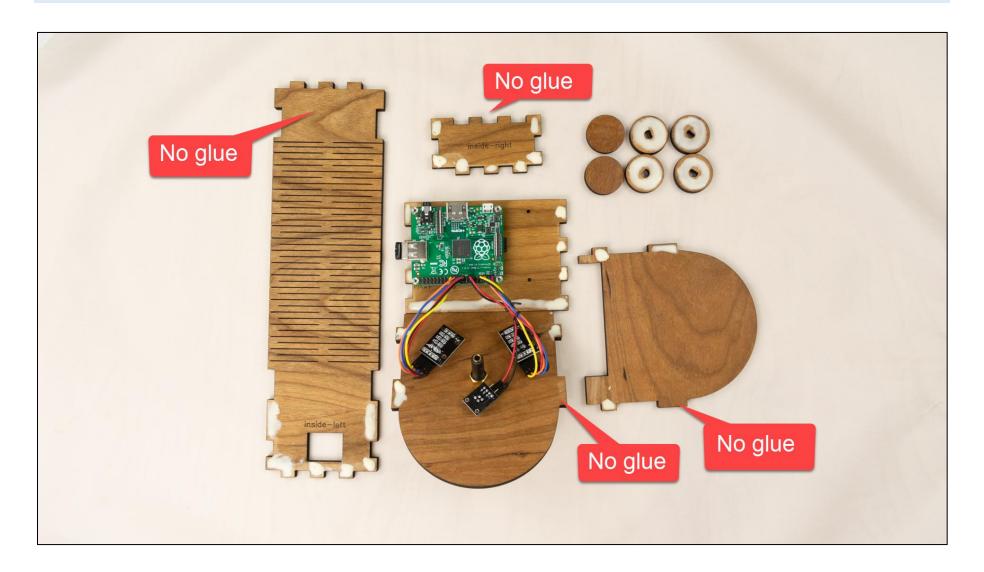


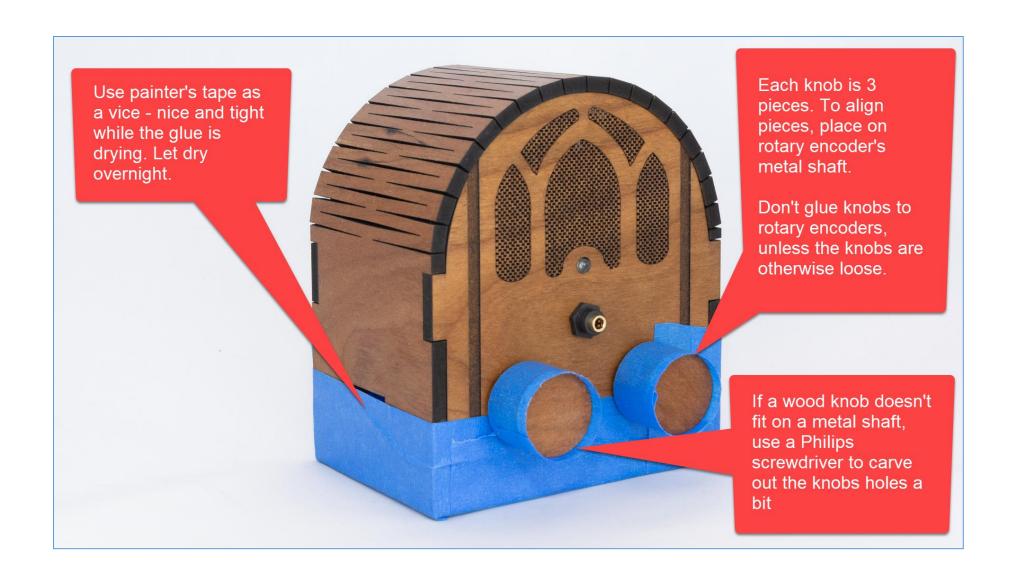




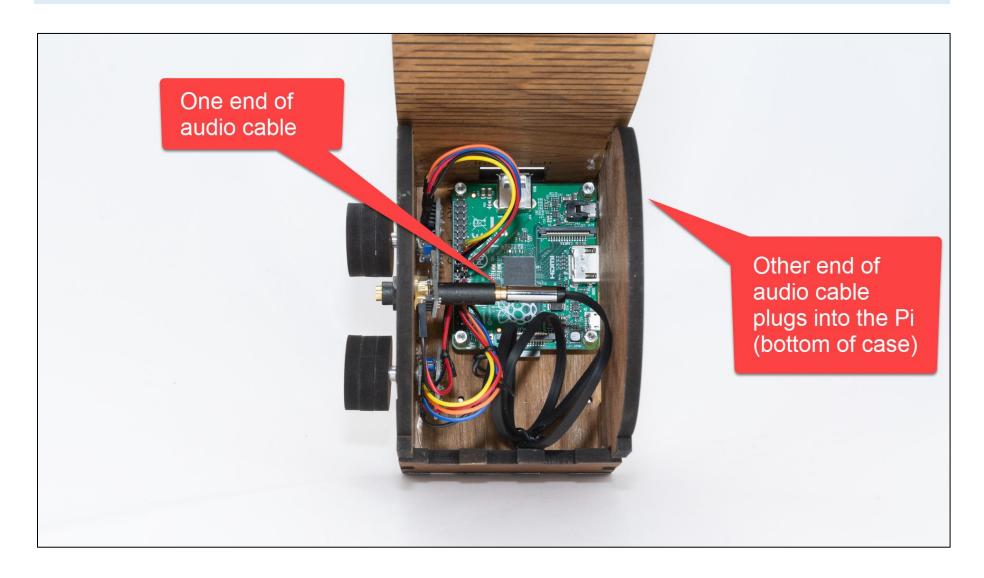


# STEP 7: Glue it





### **STEP 8: Add audio cable**

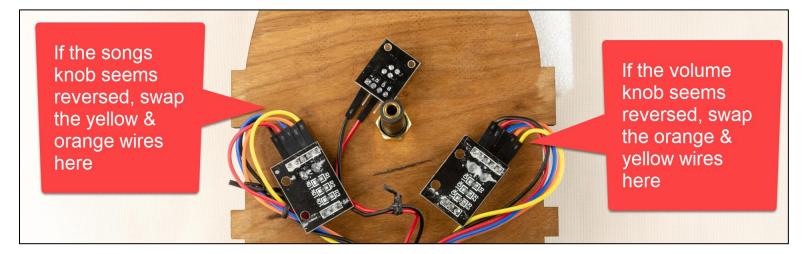


### **Test it**

Test	Description & Expectation		
Light 30sec after power on	The indicator LED turns on when DQMusicBox is ready to play music, which is generally 20-30 seconds after power on.		
Start song	Turning either of the knobs will start music playing.		
Change song	Turn the songs knob. If you go forward and backward through the song list as expected, then all is well.		
Change volume	Turn the volume knob. If the volume goes up and down as expected, then all is well.		
Pause	Tap the volume knob, song should pause. Tap the songs knob, this should also pause the song.		
Unpause	Tap a knob		

#### If one or both knows do the opposite of what you expect

Once assembled, you may find your knobs doing the opposite of what you expect e.g. a clockwise turn decreases the volume. This is because there are two kinds of rotary encoders out there. Happy, the fix is easy, just switch the orange and yellow wires on the misbehaving rotary encoders(s) (don't touch the Pi itself):



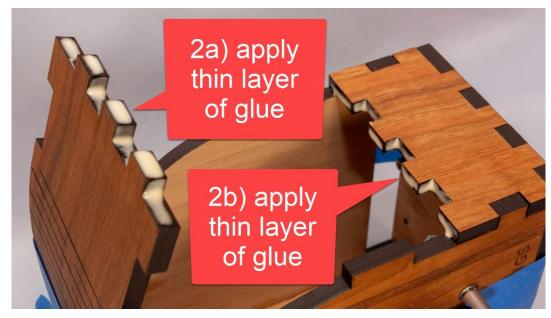
#### If the wood knobs are loose on the metal shafts

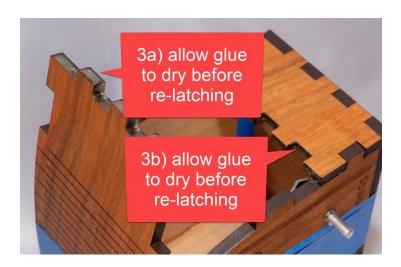
Just glue the wood knobs to the metal shafts. But only if it is really necessary. Once the knobs & shafts are glued, it's harder to dissemble the box to fix any problems.

#### If the top does not latch securely

To resolve, very slightly increase the size of the tabs by applying a thin layer of glue and allowing to dry before re-latching. It's a friction latch, so you are essentially adding more static friction – slightly thicker tabs can mean much more static friction.









### **Tape instructions**

Print this page and tape the instructions in the box below to the bottom of your new DQMusicBox:

### To create personalized music

#### Organize the music on your computer



One folder per album. Use MP3 files, must have .mp3 file extension. Or iTunes files (.m4a). Or FLAC files (.flac). Optionally, use folder names prefixes to specify the play order e.g. A\_, B\_

### Copy the music to the USB thumb drive



- 1. Unplug your DQMusicBox.
- 2. Remove the USB thumb drive and place in your computer.
- 3. Copy music files from your computer to the USB thumb drive.
- 4. Put the USB thumb drive back in the DQMusicBox.
- 5. Plug in your DQMusicBox.

### **Congratulations**

Congratulations! You should have a fully functional DQMusicBox.

# Appendix 1: Write protect the SD card About SD card write protection TMP\_WRITE\_PROTECT

**This step is optional.** It will increase the durability of the system. If you or your friend already work with Raspberry Pis, you may find this fun. If you don't then you might find this frustrating and it's perfectly OK to skip this optional step.

#### About TMP\_WRITE\_PROTECT:

- Raspbian and DietPi, don't generally like to be rudely shut down i.e. having the power plug pulled.
- Rude power downs can interrupt writes to the micro SD card and potentially corrupt the OS.
- But we have a special case here, because DQMusicBox does not need to be online and does not need to be updated. In other words, it is safe to write protect the micro SD card.
- The SD card standard has a rarely used feature known as TMP\_WRITE\_PROTECT (which is a useful google search term) i.e. temporary write protection.
- When in this mode, the SD accepts write accepts write requests, but any such writes are made to temporary storage and are deliberately lost upon reboot or power loss.
- In other words, if you pull the plug on a DQMusixBox you are effectively doing a factory reset. Music stored on the USB thumb drive is unaffected.
- To enable this, set the TMP WRITE PROTECT bit in the Card Specific Data on micro-SD card (more on this below).
- Here is the SD Association's official description of TMP\_WRITE\_PROTECT from the SD Specifications Part 1 Physical Layer Simplified Specification Version 6.00:
   Temporarily protects the entire card content from being overwritten or erased (all write and erase commands for this card are temporarily disabled). This bit can be set and reset. The default value is 0, i.e. not write protected.
- For the curious, here are some of the other fields in the Card Specific Data, chart taken from the same document linked just above:

File format group	FILE_FORMAT_GRP	1	xb	R/W(1)	[15:15]
copy flag	COPY	1	xb	R/W(1)	[14:14]
permanent write protection	PERM_WRITE_PROTECT	1	xb	R/W(1)	[13:13]
temporary write protection	TMP_WRITE_PROTECT	1	xb	R/W	[12:12]
File format	FILE_FORMAT	2	xxb	R/W(1)	[11:10]
reserved		2	00b	R/W	[9:8]
CRC	CRC	7	xxxxxxxb	R/W	[7:1]
not used, always'1'	-	1	1b	-	[0:0]

Table 5-4: The CSD Register Fields (CSD Version 1.0)

- References:
  - SD Card Write Protection
  - o Build the SD Locker and Make Your SD Cards More Secure

#### Option 1: Build the SD locker project

There are several ways to implement TMP\_WRITE\_PROTECT. I was originally inspired by the <u>SD locker project on Hackaday</u> and by its <u>successor</u>. Both of which look like fun. But I ended up using Option 2 below as it is more consistent with Raspberry Pi work.

### Option 2: Use a Raspberry Pi 3

This is the option that I used. In brief, the write protection process is:

- 1. Write the DQMusicBox image to a micro-SD card, as per the instructions above.
- 2. Boot a Raspberry Pi 3 from a USB thumb drive.
- 3. Once booted, insert a micro-SD card and issue the following command: sudo ./sdtool/static/arm-sdtool /dev/mmcblk0 lock

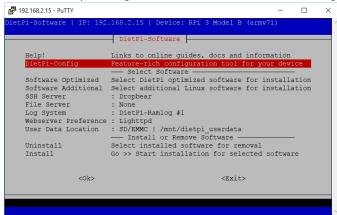
This is my setup for doing so:



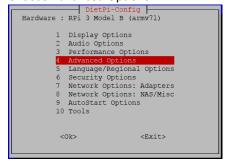
The slightly tricky bit is to get the Raspberry Pi 3 to boot from USB. See below for the process that I used to create to create the setup above. You will only have to do this once.

- 1. You'll need:
  - a. A Raspberry Pi 3. I keep a Pi 3 just for this purpose i.e. I don't use this Pi 3 inside a DQMusicBox.
  - b. **A good USB thumb drive.** I keep a thumb drive just for this purpose. Apparently this won't work with some low performance USB thumb drives, although it worked with my old 2GB thumb drive (pictured above). I now use a SanDisk Extreme 32GB thumb drive.
  - c. A micro-SD card. You will only need for 30 minutes to complete the steps below, then you can use the card for other purposes.
- 2. Download DietPi.
- 3. Write the DietPi image to the micro-SD card (using Etcher or Win32diskimager).
- 4. Write the same DietPi image to the USB thumb drive.
- 5. Attach Ethernet to your Raspberry Pi 3.

- 6. Insert the micro-SD card.
- 7. Start the DietPi installation process i.e.:
  - a. Boot the Pi 3 from the micro-SD card
  - b. Connect to the Pi 3 over the network with Putty or something similar, login with username=root password=dietpi
- 8. After a while, you will get to this screen, choose DietPi-Config



9. Choose Advanced Options:



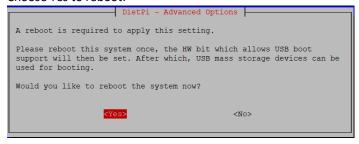
10. Choose USB boot support and choose to **enable** it:



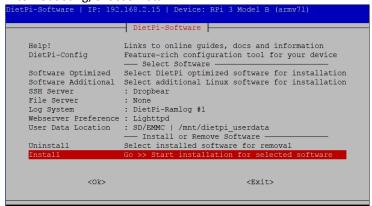
11. Choose OK (read the full message first):



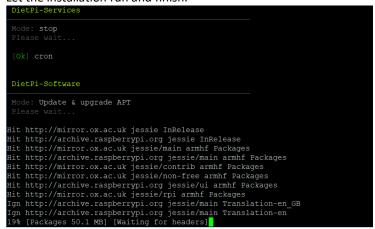
12. Choose Yes to reboot:



13. After rebooting, choose Install:



14. Let the installation run and finish.



- 15. Once the installation is complete, switch to a USB setup:
  - a. Unplug the Pi.
  - b. Remove the micro-SD Card.
  - c. Insert the USB thumb drive.
  - d. Plug the Pi back in and boot.

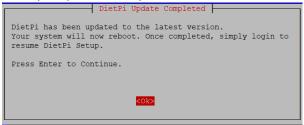
16. Install DietPi on the USB thumb drive. Start by letting DietPi update itself:

```
[Ok] NTFD: time sync | Completed

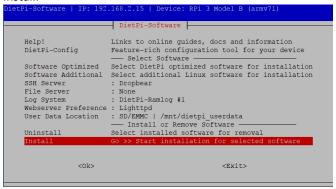
[Info] Detecting drives, please wait...
[Info] Detected PARTUUID mount: /dev/sda1 > /boot
[Info] Detected PARTUUID mount: /dev/sda2 > /
[Info] Processing drive information, please wait...
[Info] Checking available free space on RootFS, please wait...
[Ok] 28348 MB available, 500 MB required
[Info] Testing connection to http://mirror.ox.ac.uk/sites/archive.raspbian.org/
archive/raspbian
[Info] Max duration of 20 seconds, please wait...
[Ok] Connection test | Completed

Get:1 http://mirror.ox.ac.uk jessie InRelease [14.9 kB]
Get:2 http://archive.raspberrypi.org jessie InRelease [22.9 kB]
Get:3 http://mirror.ox.ac.uk jessie/main armhf Packages [9,535 kB]
Get:4 http://archive.raspberrypi.org jessie/main armhf Packages [170 kB]
```

17. When prompted, restart your Pi:



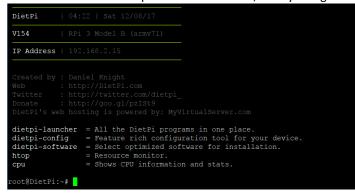
18. Install:



19. Let DietPi do more updating:



20. DietPi will reboot to complete the installation, then you'll get a normal command prompt:



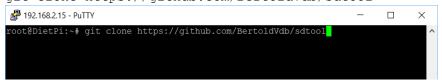
21. Install git with

sudo apt-get install git



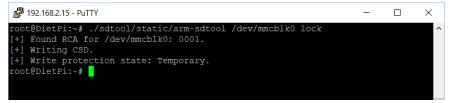
22. Get the write protection tool sdtool with

git clone https://github.com/BertoldVdb/sdtool



23. Put an micro-SD card in the slot, practice enabling TMP\_WRITE\_PROTECT:

sudo ./sdtool/static/arm-sdtool /dev/mmcblk0 lock



24. Now practice reversing the above:

sudo ./sdtool/static/arm-sdtool /dev/mmcblk0 unlock

```
## 192.168.2.15 - PUTTY

root@DietPi:~# sudo ./sdtool/static/arm-sdtool /dev/mmcblk0 unlock

[+] Found RCA for /dev/mmcblk0: 0001.

[+] Writing CSD.

[+] Write protection state: Off.

root@DietPi:~#
```

25. You are done!

### **Appendix 2: Change log**

v1, November 2015	Original release
v2, September 2016	Changed music storage from a micro-SD memory card to a conventional USB memory stick.
	<ul> <li>Changed the base Operating System from full Raspbian to <u>DietPi</u> – much smaller, so faster to boot, and less to go wrong.</li> </ul>
v3, January 2017	Changed from USB audio to Pi built-in audio, including a firmware update for excellent audio quality.
v4, May 2017	Switched to bamboo for durability and use of standoffs.
	Switched to Pi A+ to lower cost.
	<ul> <li>Made USB thumb drive externally accessible, to make it easier for the caregiver to organize music.</li> </ul>
v4.01, 25 June 2017	Minor edits.
v4.01_1, 20 July 2017	Minor edits.
v4.01_2, 11 August 2017	Added links for ordering parts in the UK.
	Added detailed instructions for write protecting a micro-SD card.
v4.01_3, 12 August 2017	Minor edits
v4.01_4, 12 August 2017	Minor edits
v4.01_5, 14 October 2017	Edited text and updated photographs to reflect the change from an HDD-style LED to a KY-016 LED module.
v4.01_6, 26 February 2018	<ul> <li>Updated the links for purchasing the parts. No changes to the parts themselves, just the links.</li> </ul>
	Minor change to the instructions, noting how the build can be accomplished in one sitting, if desired.
v4.1, 7 April 2018	Reflects that the software has been updated to support the new Raspberry Pi 3 B+. No new software features.
v4.1_1, 23 April 2018	Updated to reflect the new bamboo case design.
v4.1_2, 22 July 2018	Updated for the new cherry wood version