

How to Build the Dementia Friendly Music Player

Wood Model with Built-in Speakers (not Recommended for Headphone Use)

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I was inspired to design this by the documentary [Alive Inside](#) which shows the profound joy felt by some with dementia when listening to their favorite music.

My Dad could no longer operate the home stereo. But he could operate this music player because it operates like a familiar two-knob radio. The vintage style fit with his old intact memories – for most people with dementia, the old memories are the strong memories.

It's easier than you think to make one. Everything I did is open source. This document contains all the information you need. You can order the parts online, including the cut & engraved wood. It's a good family project – kids do well with this. It's also a project that friends would love to help you with.

Parts cost	~\$190 + tax + shipping (~\$100 if more make 10+ at a time, see Appendix 1)
Music cost	Minimal as you should use the recipient's existing music collection
Build time	Can be done in an afternoon, 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



No warranty

USE THESE DEMENTIA FRIENDLY MUSIC PLAYER PLANS AND SYSTEM AT YOUR OWN RISK. THE DEMENTIA FRIENDLY MUSIC PLAYER 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.

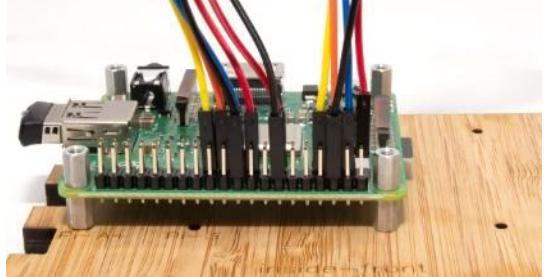
Acknowledgements

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.

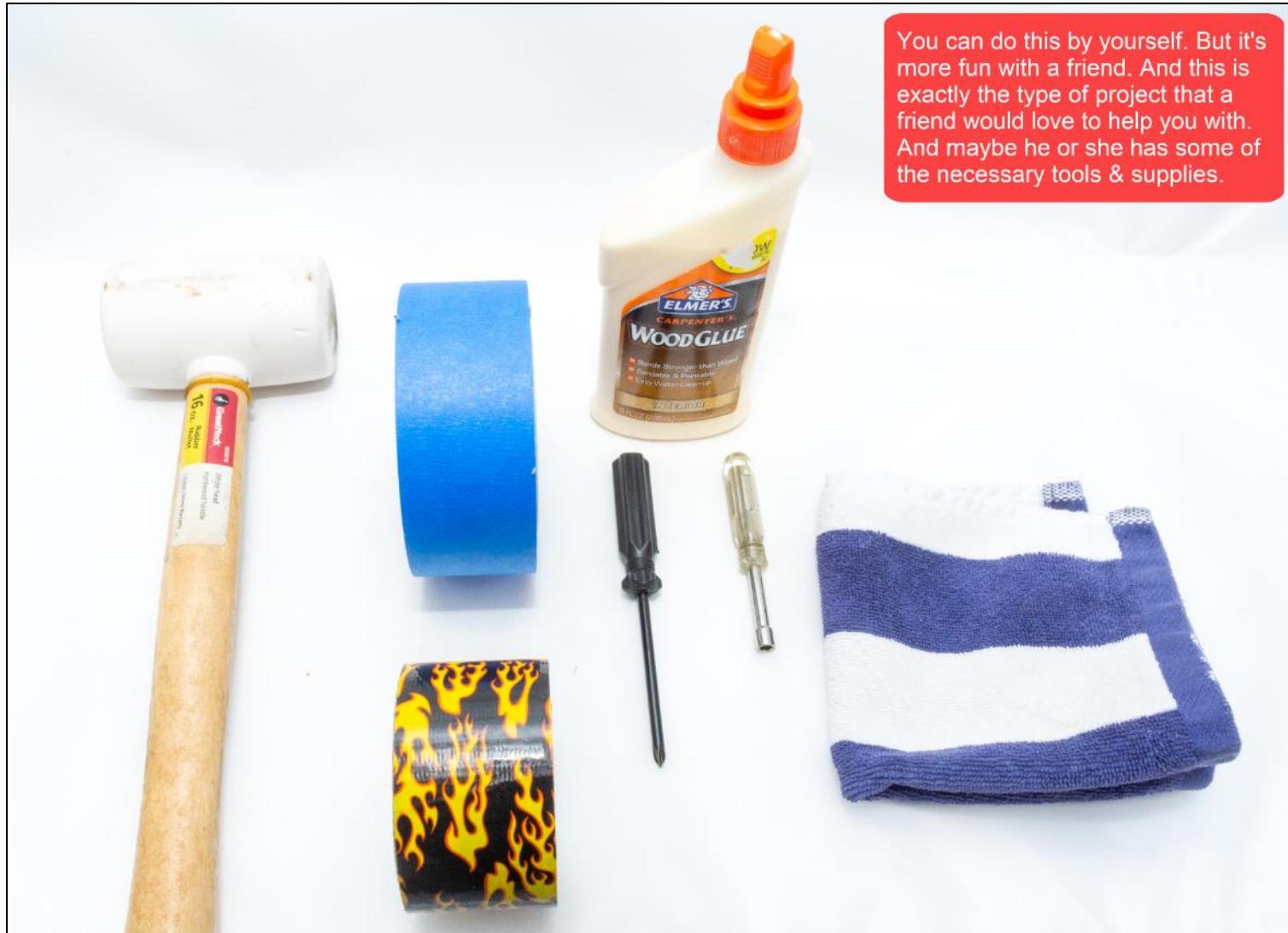
How it works



Preview of the steps

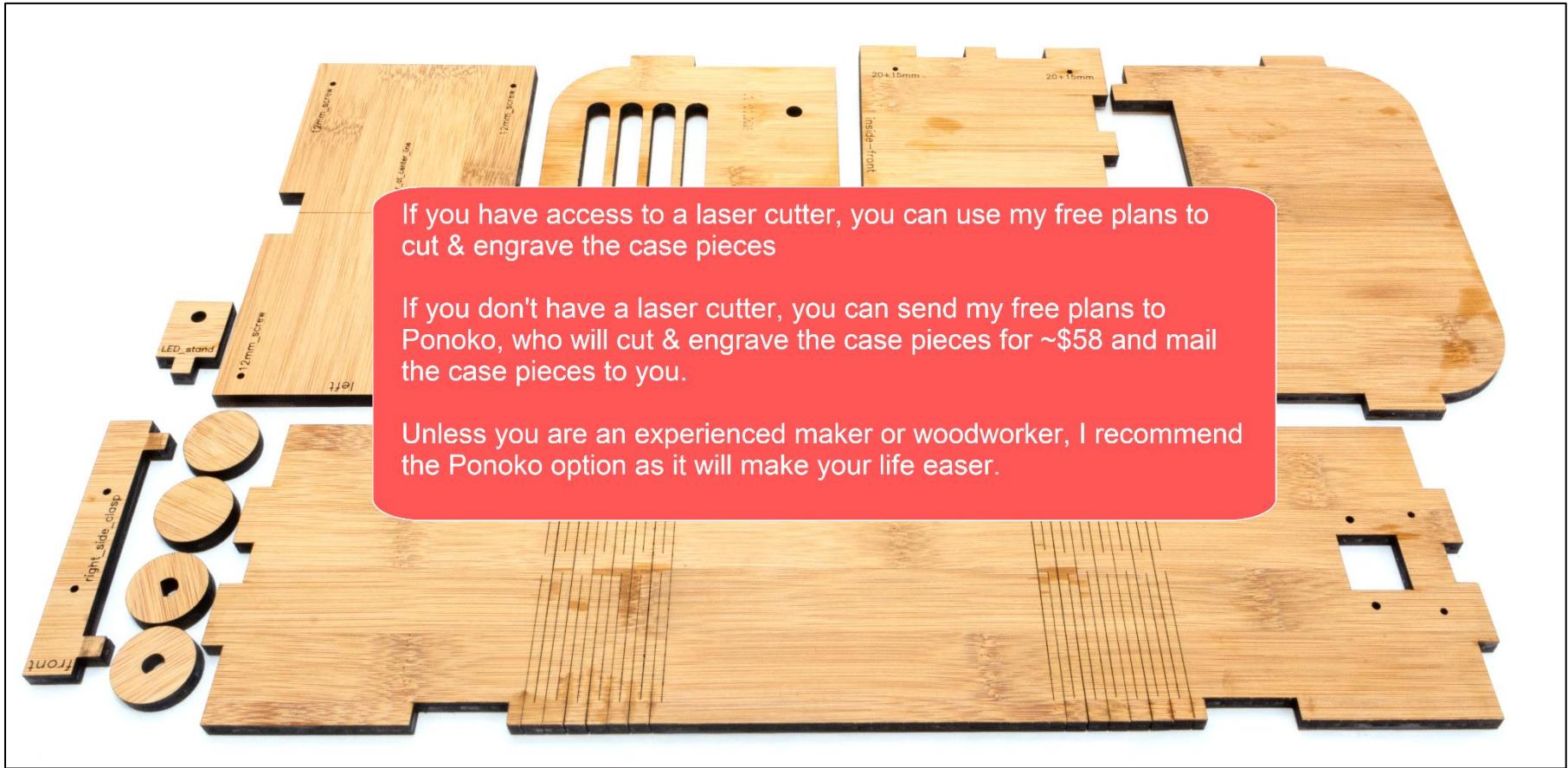
<p>STEP 1: Order or make the case</p> 	<p>STEP 2: Order parts</p> 	<p>STEP 2: Assemble music</p> 
<p>STEP 4: Flash the micro SD card</p> 	<p>STEP 5: Add the Pi</p> 	<p>STEP 6: Wire it</p> 
<p>STEP 7: Test it</p> 	<p>STEP 8: Glue it</p> 	<p>STEP 9: Enjoy!</p> 

STEP 1: Find a friend to do this with



You can do this by yourself. But it's more fun with a friend. And this is exactly the type of project that a friend would love to help you with. And maybe he or she has some of the necessary tools & supplies.

STEP 2: Decide about making vs. ordering the case



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 download my case design files from [github](#) and go 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. Unless you are an experienced maker or woodworker, I recommend ordering the case – it will make the build process much easier.

STEP 3: Get the case file

1. Go to https://drive.google.com/drive/u/0/folders/1_aY6G2ZXLJ8pH5-U8mspT2tkg3owvfqu

2. Get the file you want:

DementiaFriendlyMusicPlayer_plus_5point2mm_BlackCat90W.lbrn

DementiaFriendlyMusicPlayer_plus_5point2mm.svg

DementiaFriendlyMusicPlayer_plus_5point2mm.xlsx

DementiaFriendlyMusicPlayer_plus_6point7mm_BlackCat90W.lbrn

DementiaFriendlyMusicPlayer_plus_6point7mm_Ponoko.eps

DementiaFriendlyMusicPlayer_plus_6point7mm.svg

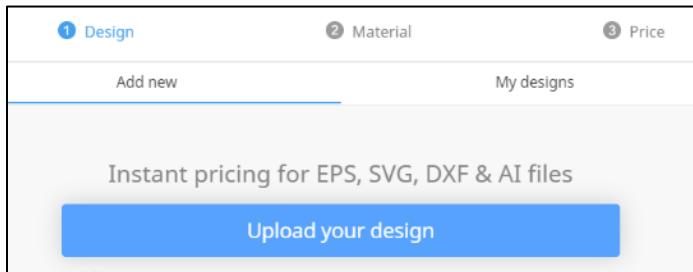
DementiaFriendlyMusicPlayer_plus_6point7mm.xlsx

This is probably the file you are looking for - 6.7mm for Ponoko

3. Right-click on the desired file, choose "Download"

STEP 4: Order the case

1. Go to <https://www.ponoko.com/>
2. Login (create an account if you haven't already)
3. Choose “Upload your design” and upload the file that you downloaded just above

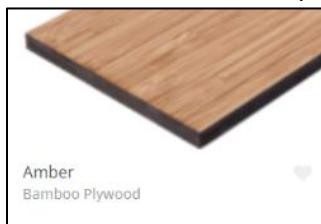


4. Set the design colors as per below:



5. Choose “Confirm design size & colors”

6. Choose “Amber Bamboo Plywood”



7. Choose thickness = 6.7mm and then “Confirm material”

Amber Bamboo Plywood

Thicknesses available:

<input type="radio"/> 0.9mm thick	\$37.38
<input type="radio"/> 1.8mm thick	\$40.20
<input type="radio"/> 2.7mm thick	\$42.13
<input checked="" type="radio"/> 6.7mm thick	\$57.56

Confirm material

8. Make sure that everything looks as expected especially the check that the horizontal bar above SONGS is colored in

Design Material Price

DementiaFriendlyMusicPlayer_6point7mm_Ponoko_52.svg
381.7mm x 373mm [Update design →](#)

Amber Bamboo Plywood
6.7mm [Update material →](#)

Quantity: 1 [\\$57.57](#) i

\$40.61	Save 23%
\$37.65	Save 35%
\$31.18	Save 46%
\$28.95	Save 50%
\$23.77	Save 59%
\$20.44	Save 64%
\$17.66	Save 69%

\$9 setup per order for human powered stuff

[Submit pricing feedback \(get 20% off\)](#)

[Add to Cart](#)

Your order qualifies for free shipping.

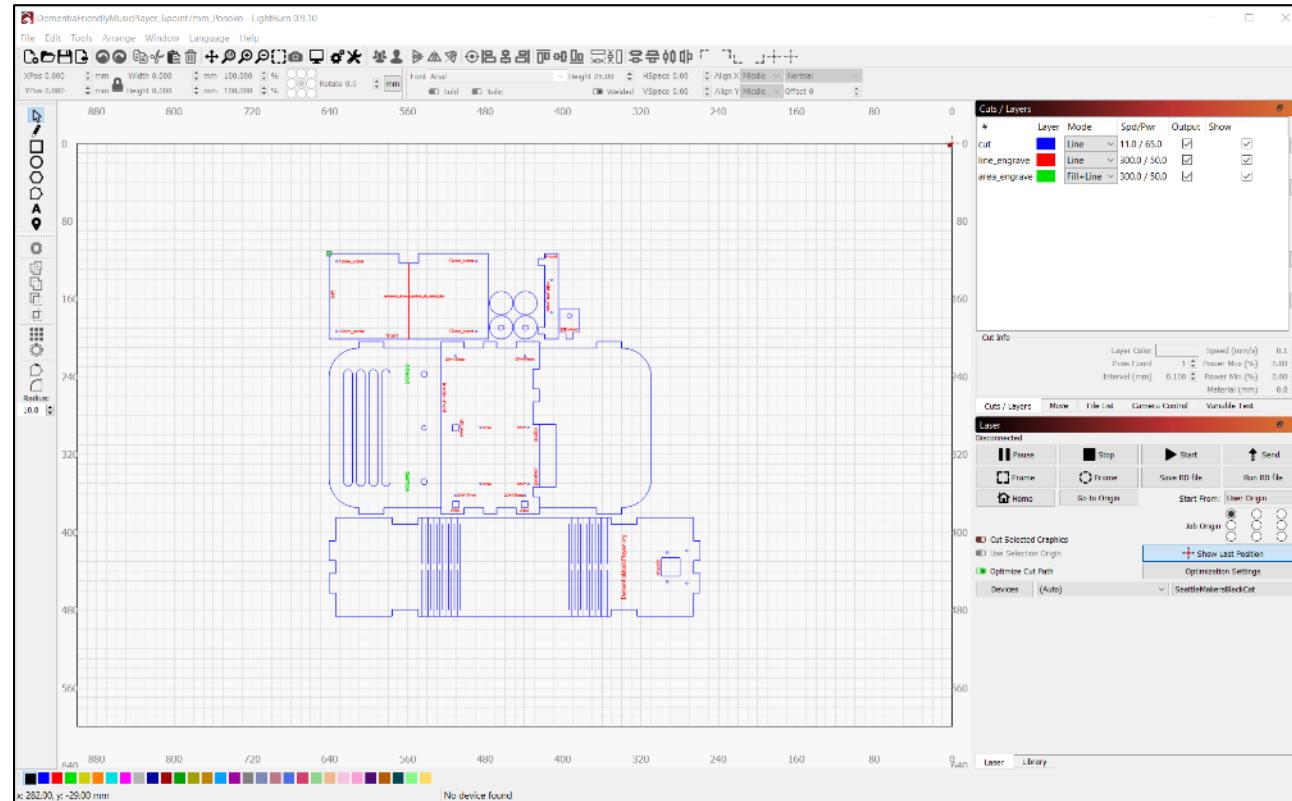
- #### 9. Click “Add to Cart”

STEP 5: Make the case (if you didn't order it)

If you want to make the case rather than order the case:

1. Use the file that you downloaded above
2. If you like, you can customize the case
3. Cut on your laser cutter or go to a makerspace and use a laser cutter there

If you are curious, this is what a design file looks like (showing the .lbrn Lightburn file):



STEP 6: Order the parts

If you plan to make 10+ units, see [Appendix 1](#) rather than the table below.



Item	Supplier	Cost	Notes & alternatives
Case	Ponoko	\$69.98	See instructions above
Raspberry Pi 4 Model B - 2GB RAM	AdaFruit	\$35.00	Or buy Amazon B07TD42S27 (Pi 4). Or buy a Pi 3B+ and the appropriate power supply (not the Pi 4 power supply below).
Premium Female/Female Jumper Wires - 40 x 6"	AdaFruit	\$3.95	Or buy Amazon B07GCY6CH7
Official Raspberry Pi 4 Power Supply 5.1V 3A with USB C	AdaFruit	\$7.95	Or buy Amazon B07TYQRXTK
Panel Mount USB Cable - A Male to A Female	AdaFruit	\$3.95	Or buy Amazon B0718XQPGB. Amazon B07C87FYLY *may* work, but you'll also need to buy M3 screws.
M2.5 standoffs (spacing screws)	Amazon	\$12.99	Or buy Amazon B075K3QBMX
M2.5 screws 12mm M2.5-0.45	Amazon	\$6.85	You can probably also buy these at a good hardware store for less
Speaker cloth (brown, large piece)	Amazon	\$9.99	Or buy Amazon B01HMBKNSS (black, large cloth)
Speakers	Amazon	\$9.99	Or buy Amazon B01KC7WGQQ
16GB+ micro SD card	Amazon	\$7.49	Or buy Amazon B06XWN9Q99 or other 16GB+ card
USB thumb drive	Amazon	\$7.19	Or Amazon B07MDXBT87 or other physically small USB drive
KY-016 indicator LED	Banggood	\$4.61	ALLOW ~3 WEEKS TO ARRIVE FROM CHINA. Due to COVID, it's hard to find these in the US. You can get it quickly from Amazon B07KJYR8K1, but costs \$18.
KY-040 rotary encoders (knobs)	Amazon	\$7.99	Or buy Amazon B06XQTHDRR
Sticky back velcro strips	Amazon	\$2.98	Or buy Amazon B0035GZCHC
TOTAL		\$190.91	+ tax + shipping

STEP 7: Get wood finish product (optional)

Optional. Bamboo is quite nice unfinished. But you can give it a golden look and a bit of protection.

You only need one. If you don't have any wood finishes, you probably have a friend who does.



Easiest. Done in minutes. But needs re-application from time to time. Baby oil can also work if the main ingredient is mineral oil.

Fast. ~15 minutes of work spread across two hours.

Easy. One coat is enough, but best to let it dry overnight. Any linseed oil is fine, except raw linseed oil.

STEP 8: Gather tools & supplies



STEP 19: Get a computer with an SD card slot



You'll need a PC or Mac or Linux computer with an SD card slot. If you don't have one, you probably have a friend who does.

STEP 10: Apply a wood finish (optional)

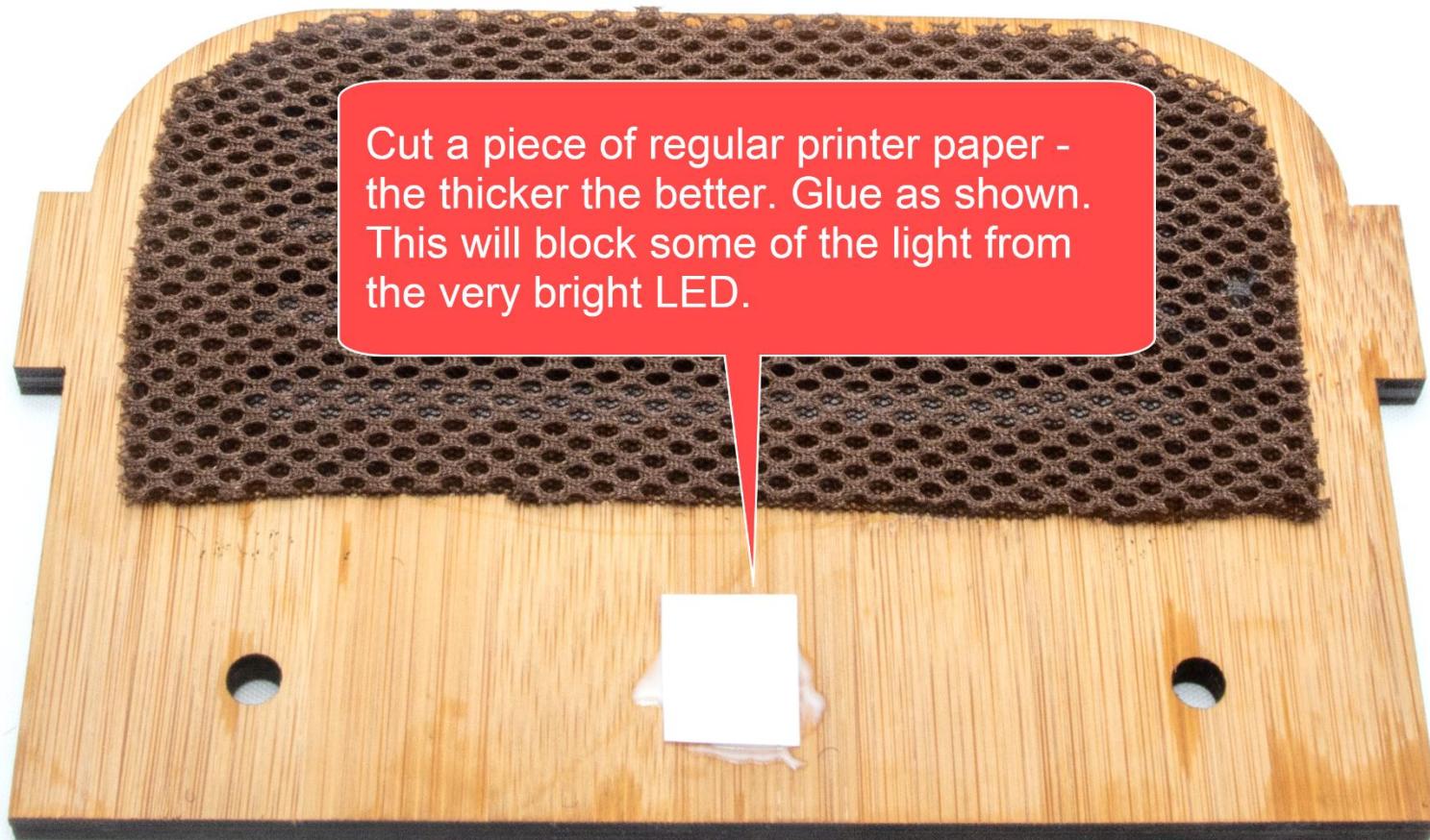


If you choose to use spray lacquer, see this [short video from Woodworking for Mere Mortals](#). The method shown is much faster than the instructions on the spray bottle. It takes about 15 minutes of work spread across two hours.

STEP 11: Cut & glue speaker fabric



STEP 12: Cut & tape paper to inside of LED hole



STEP 13: 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

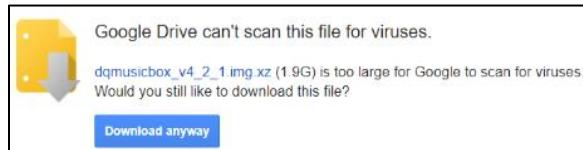
Organize the digitized music into folders on the USB memory stick, one folder per album. MP3, iTunes, and FLAC files are supported i.e. files with extensions .mp3, .m4a, .flac. In the end, you should have a set of folders that looks something like this:

Name	Date modified	Type
A_Beethoven9	10/24/2015 6:25 PM	File folder
B_Eli_Porter_-_Eli_Porter	10/24/2015 6:25 PM	File folder
C_Mozart_-_Overtures	10/24/2015 6:25 PM	File folder
D_Tchaikovsky_-_Concerto 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 Barber_-_Barber; Adagio for ...	10/24/2015 6:26 PM	File folder
G_James Galway_-_Serenade	10/24/2015 6:26 PM	File folder
H_Giacomo Puccini_-_Madama Butter...	10/24/2015 6:26 PM	File folder
I_Giacomo Puccini_-_Madama Butterfl...	10/24/2015 6:26 PM	File folder
J_Giacomo Puccini_-_Madama Butterfl...	10/24/2015 6:26 PM	File folder
K_Leontyne Price_-_Arias	10/24/2015 6:26 PM	File folder

STEP 14: 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 [Balena Etcher](#) on your PC or Mac or Linux computer. [Win32 Disk Imager](#) also works.
2. Download the [Dementia Friendly Music Player disk image](#).
3. Confirm download – “Download anyway”

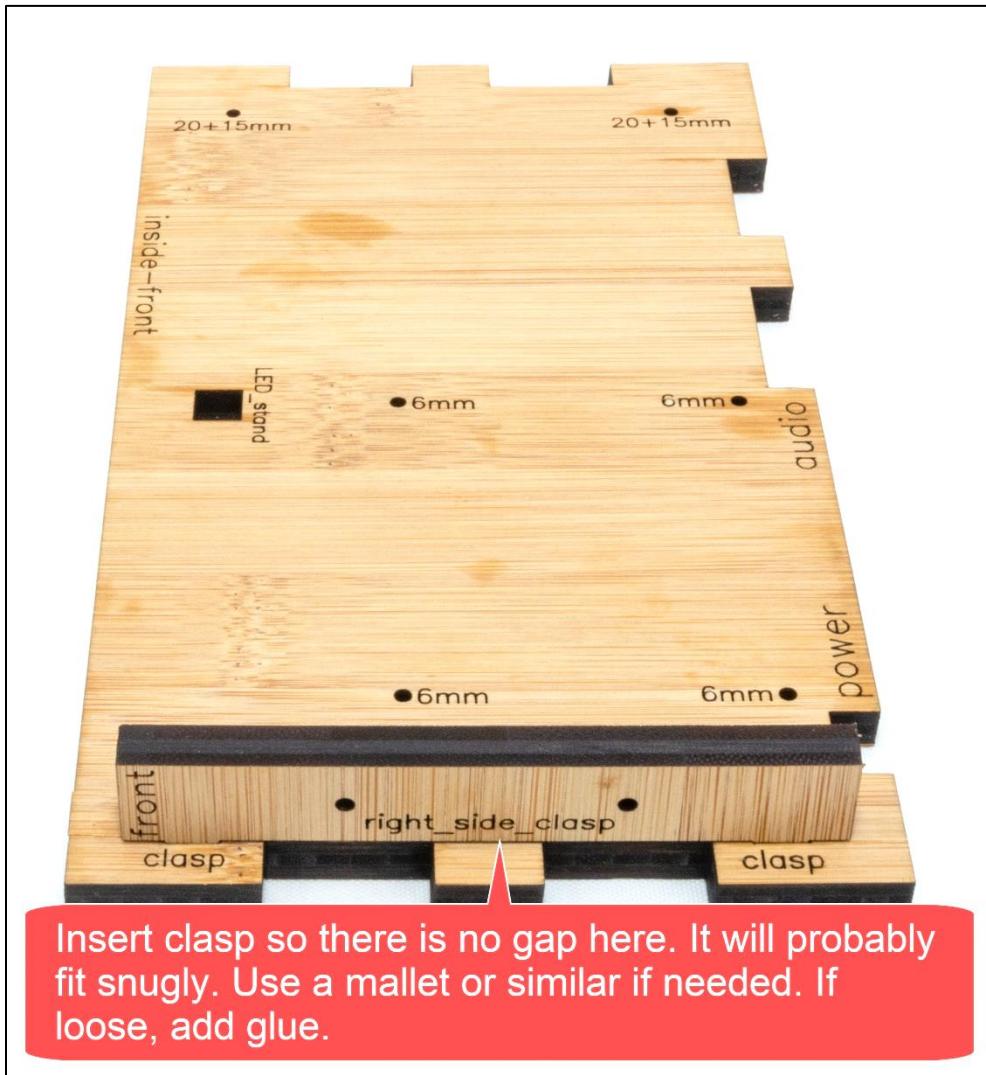


4. Put the micro-SD memory card & adapter into the SD reader/writer in your computer.
5. Start Balena Etcher, instruct it to write the image file to the SD card:



6. Wait for the writing to complete, ~10 minutes. This would be a good time to make a sandwich.

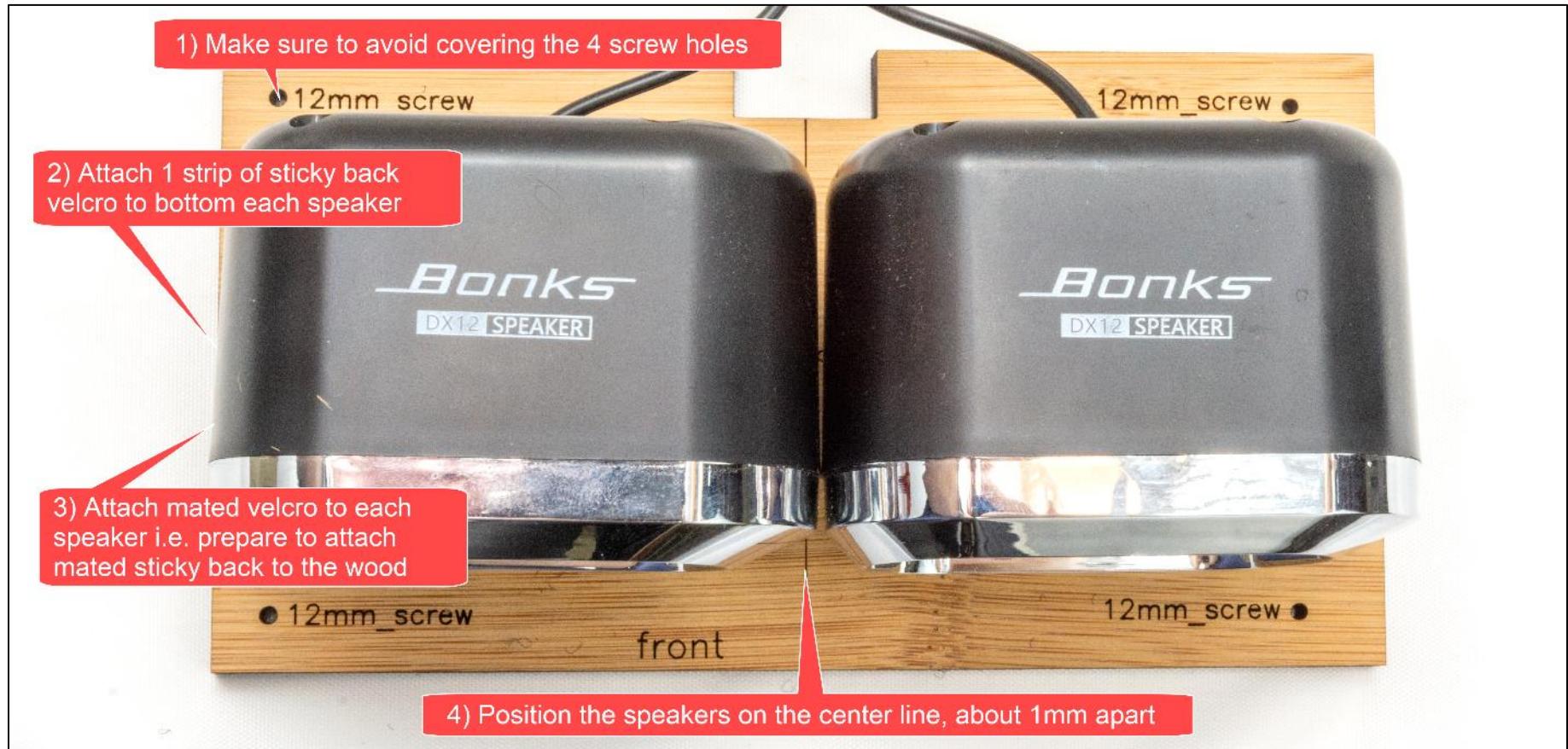
STEP 15: Insert the clasp piece



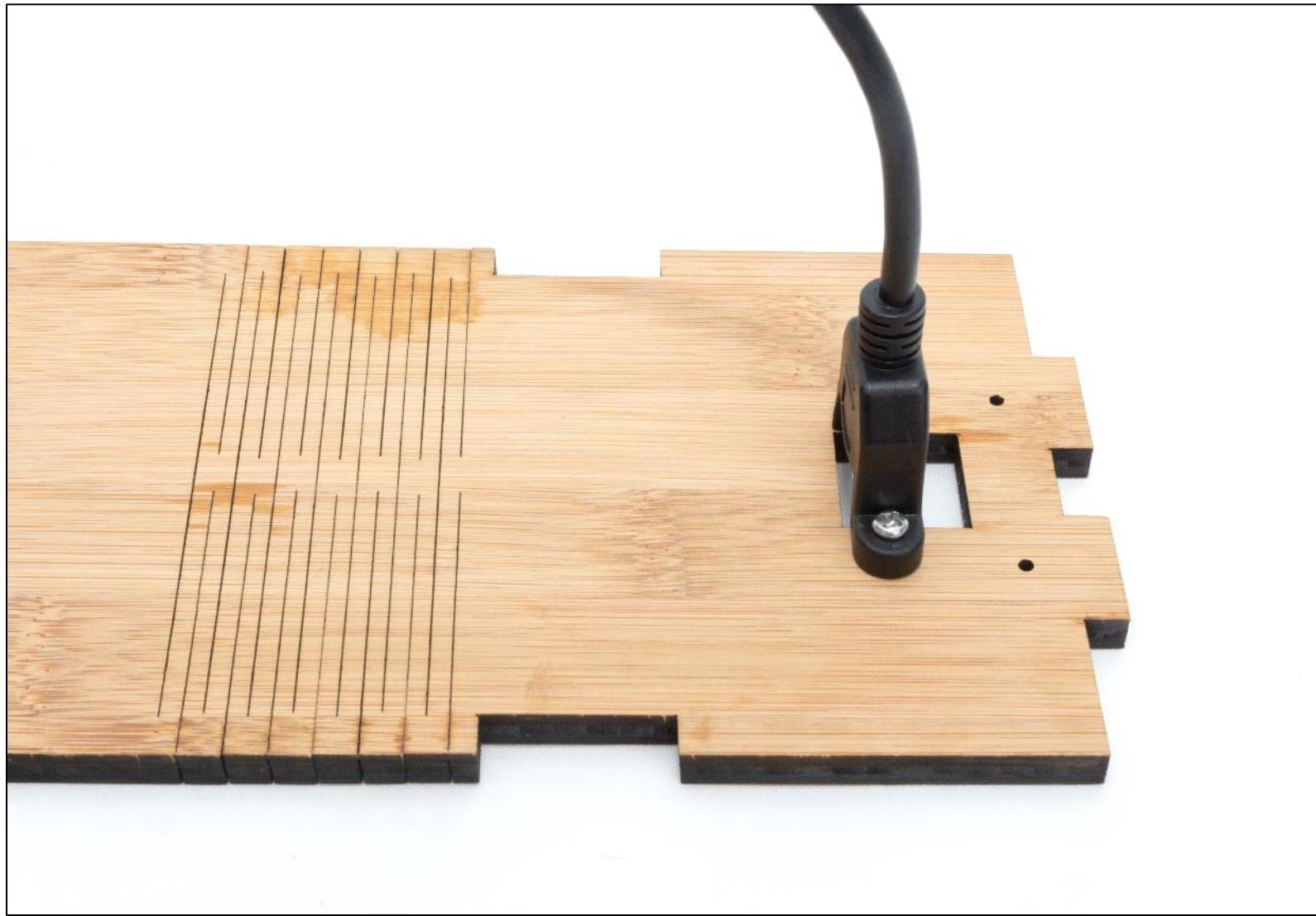
STEP 16: Insert the LED stand



STEP 17: Velcro speakers to the shelf



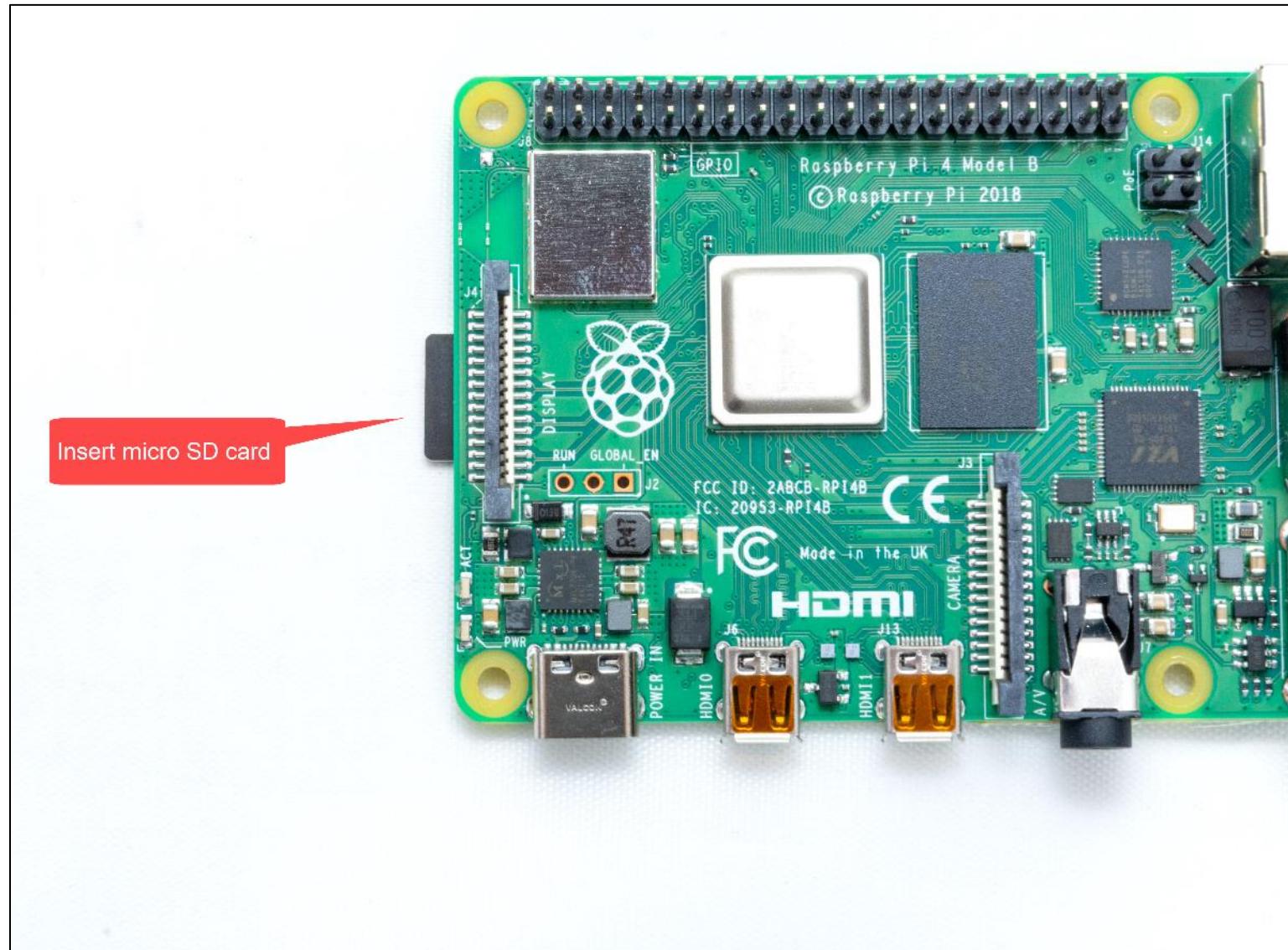
STEP 18: Attach the USB panel



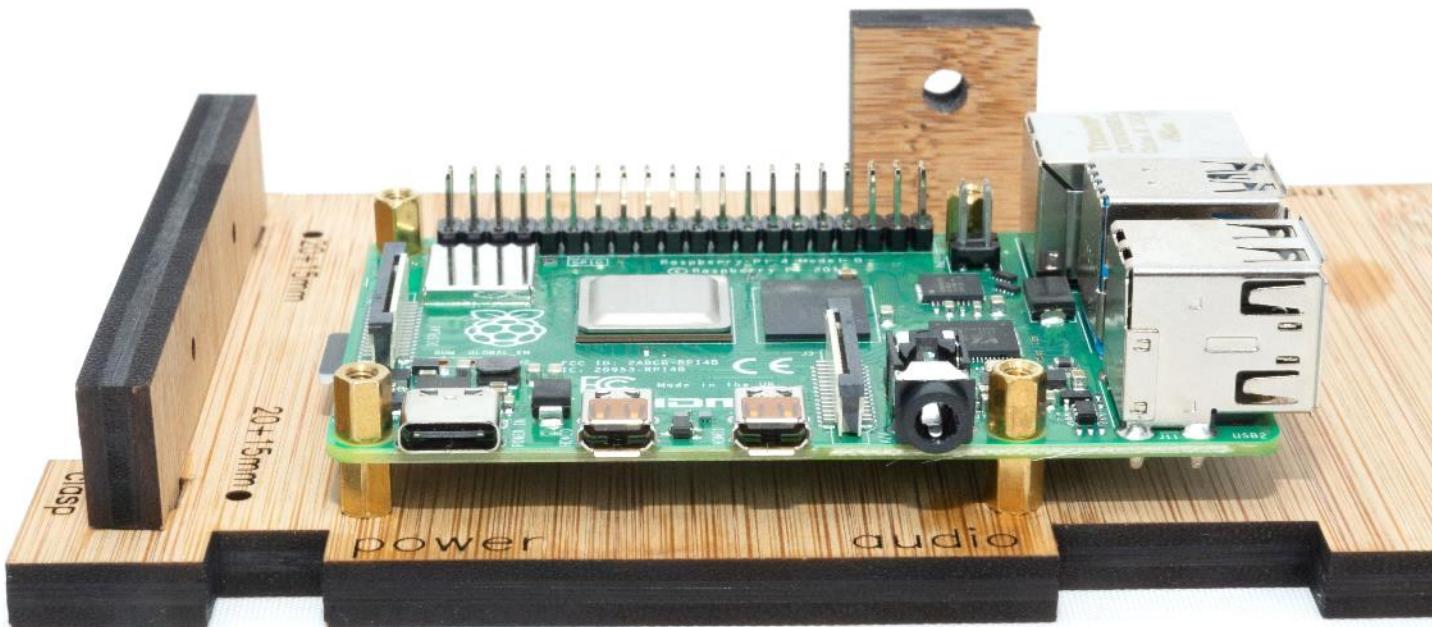
STEP 19: Insert USB drive



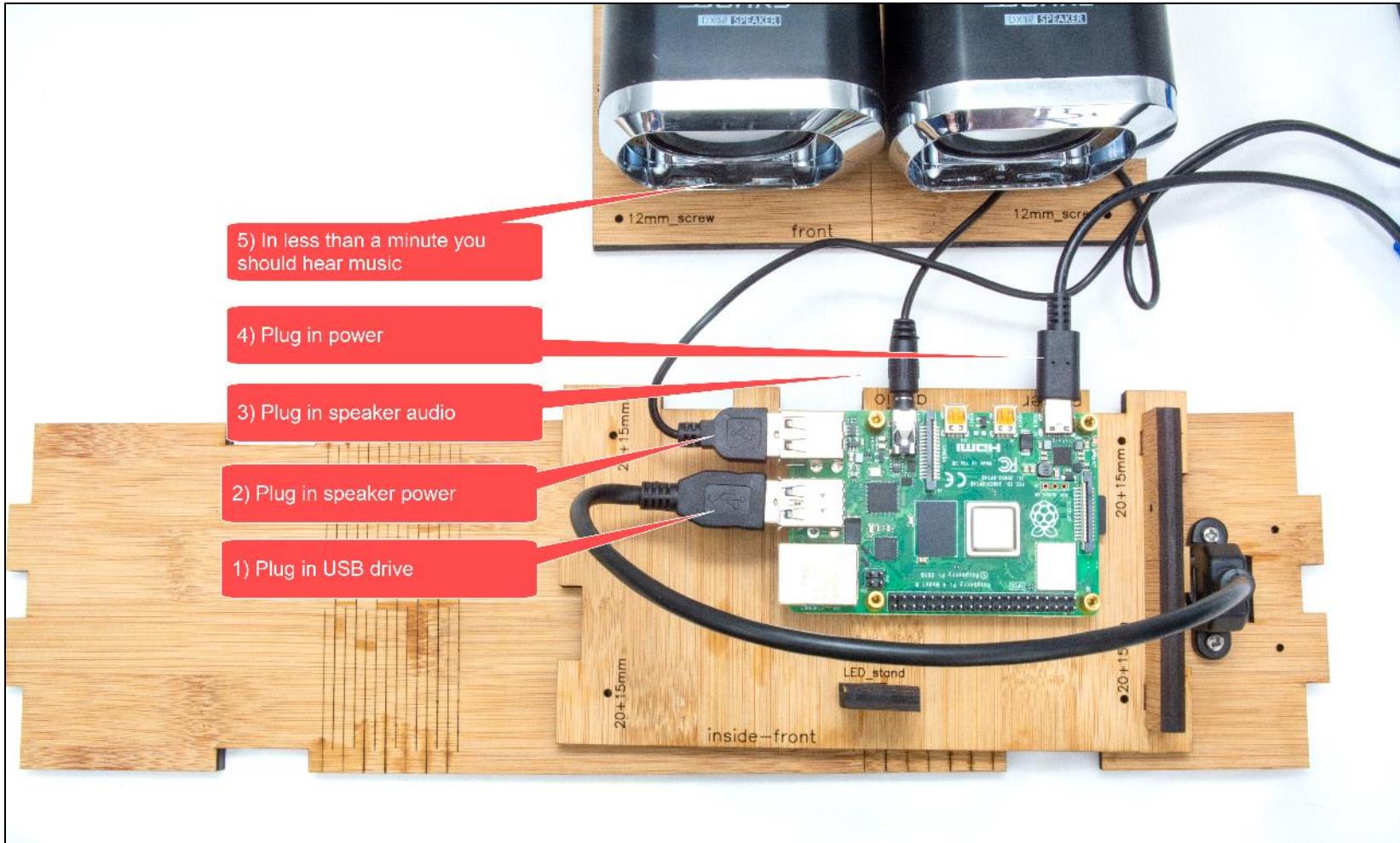
STEP 20: Insert micro SD card



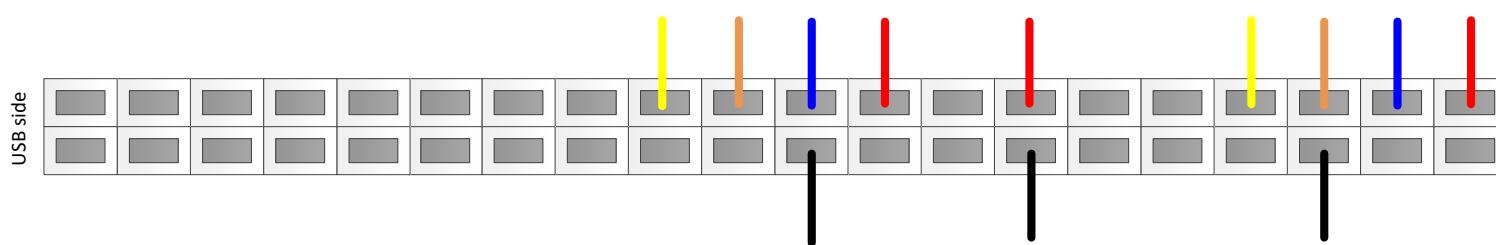
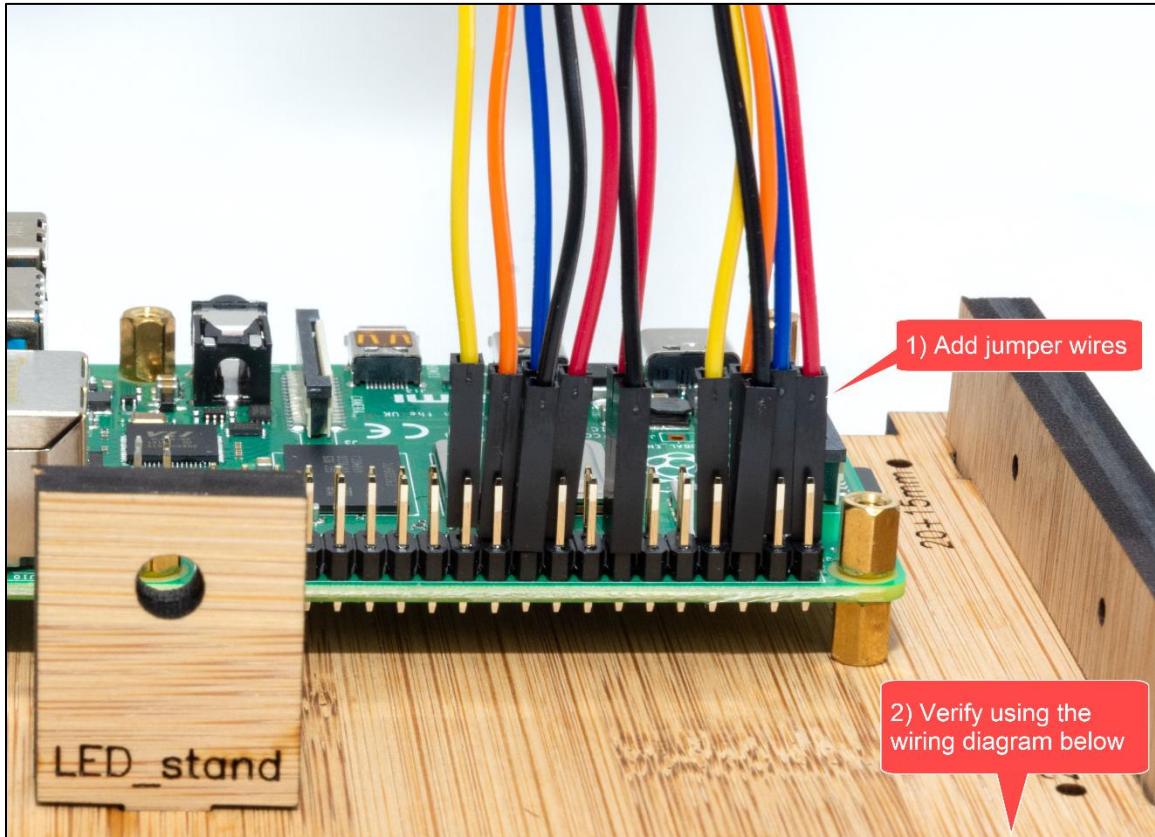
STEP 21: Mount the Pi



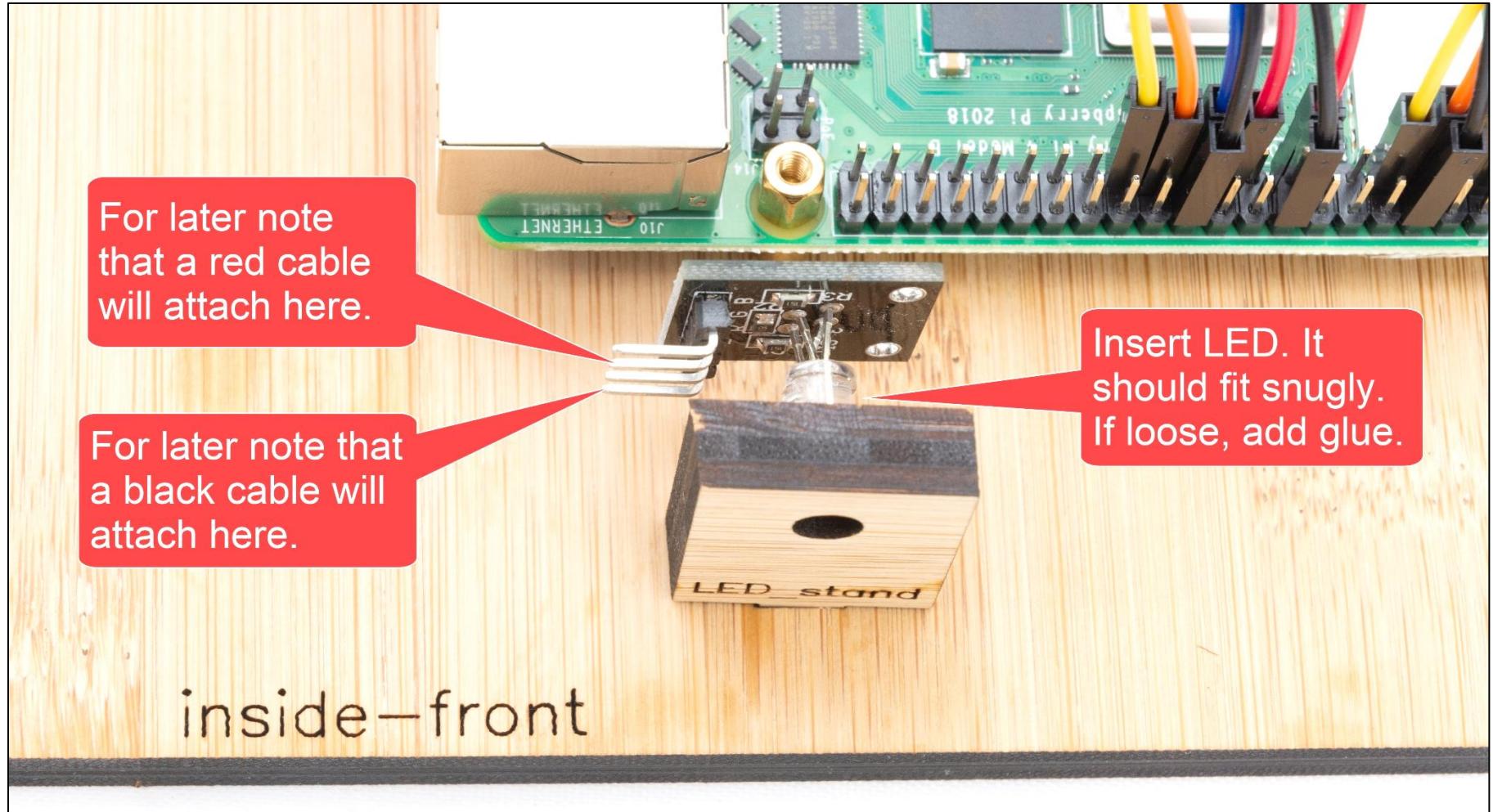
STEP 22: Test it



STEP 23: Wire it



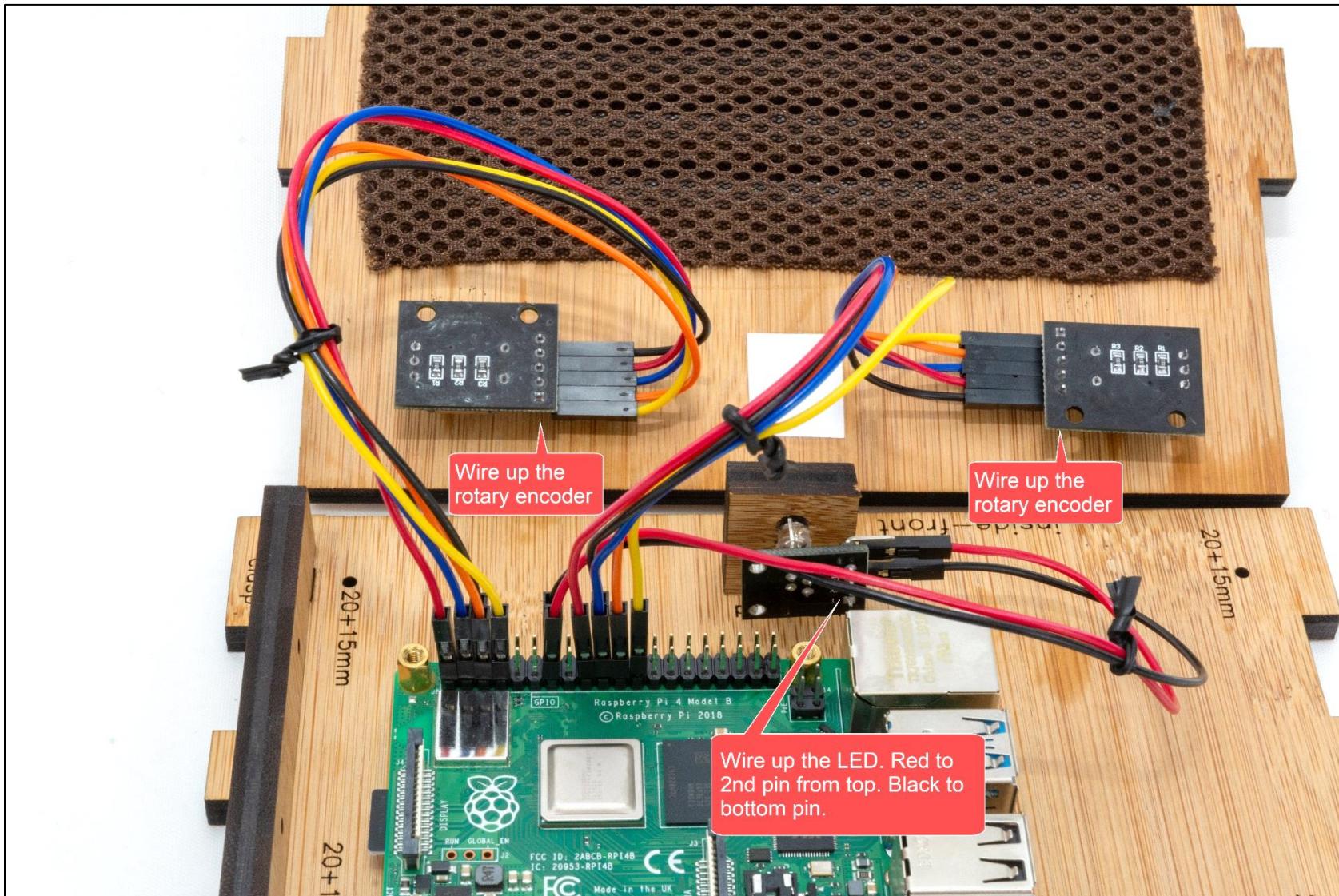
STEP 24: Add LED



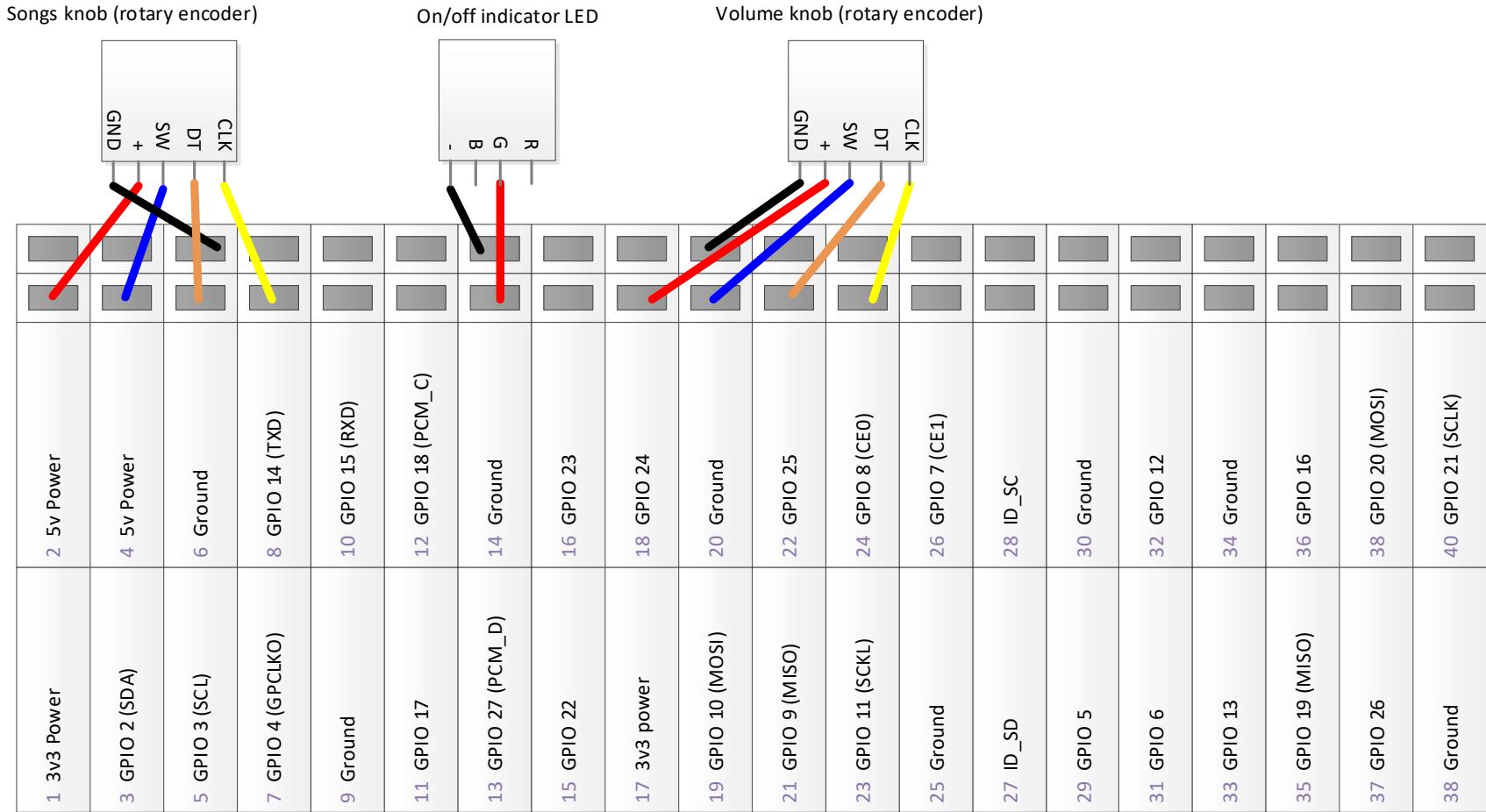
STEP 25: Mount rotary encoders



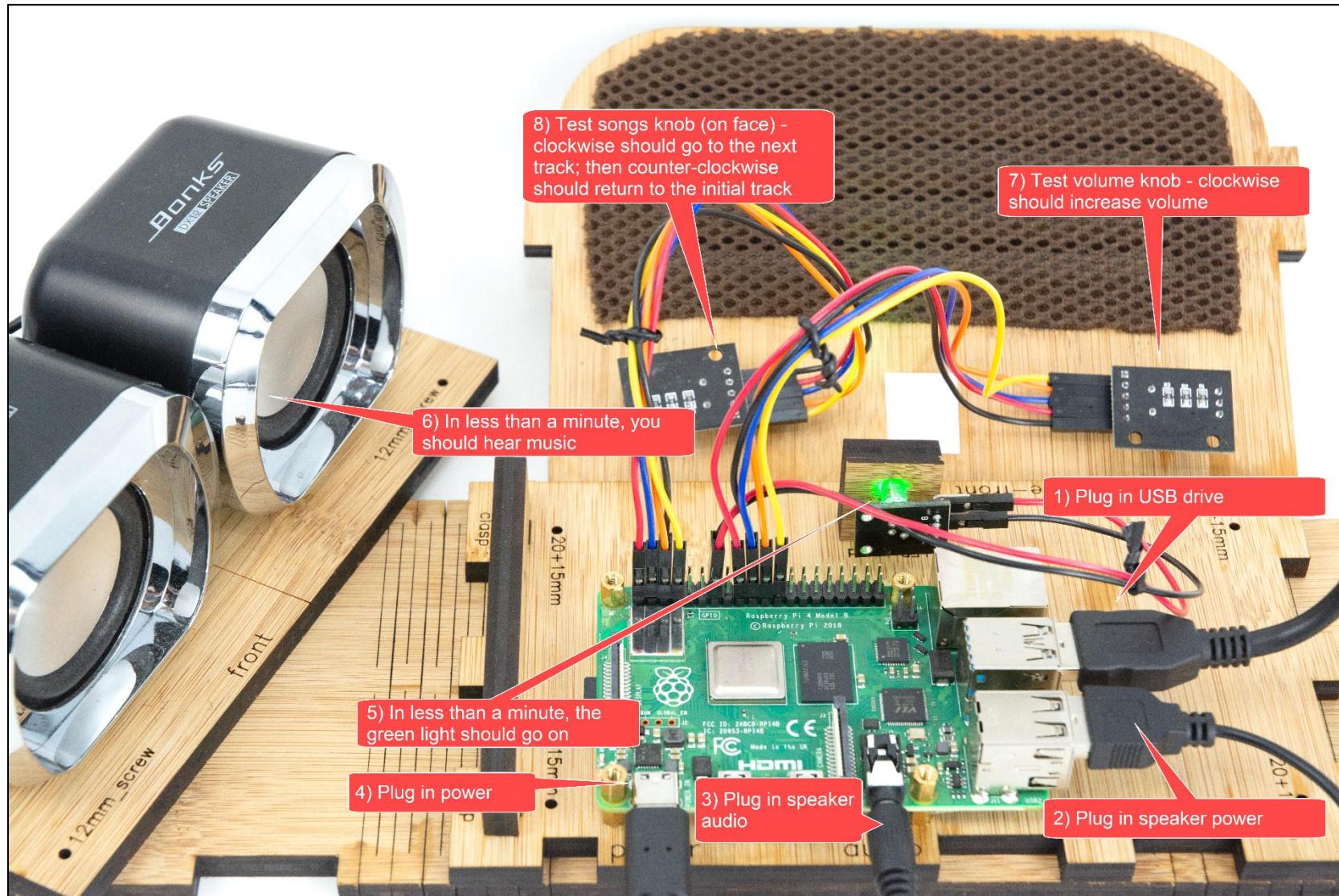
STEP 26: Wire up components



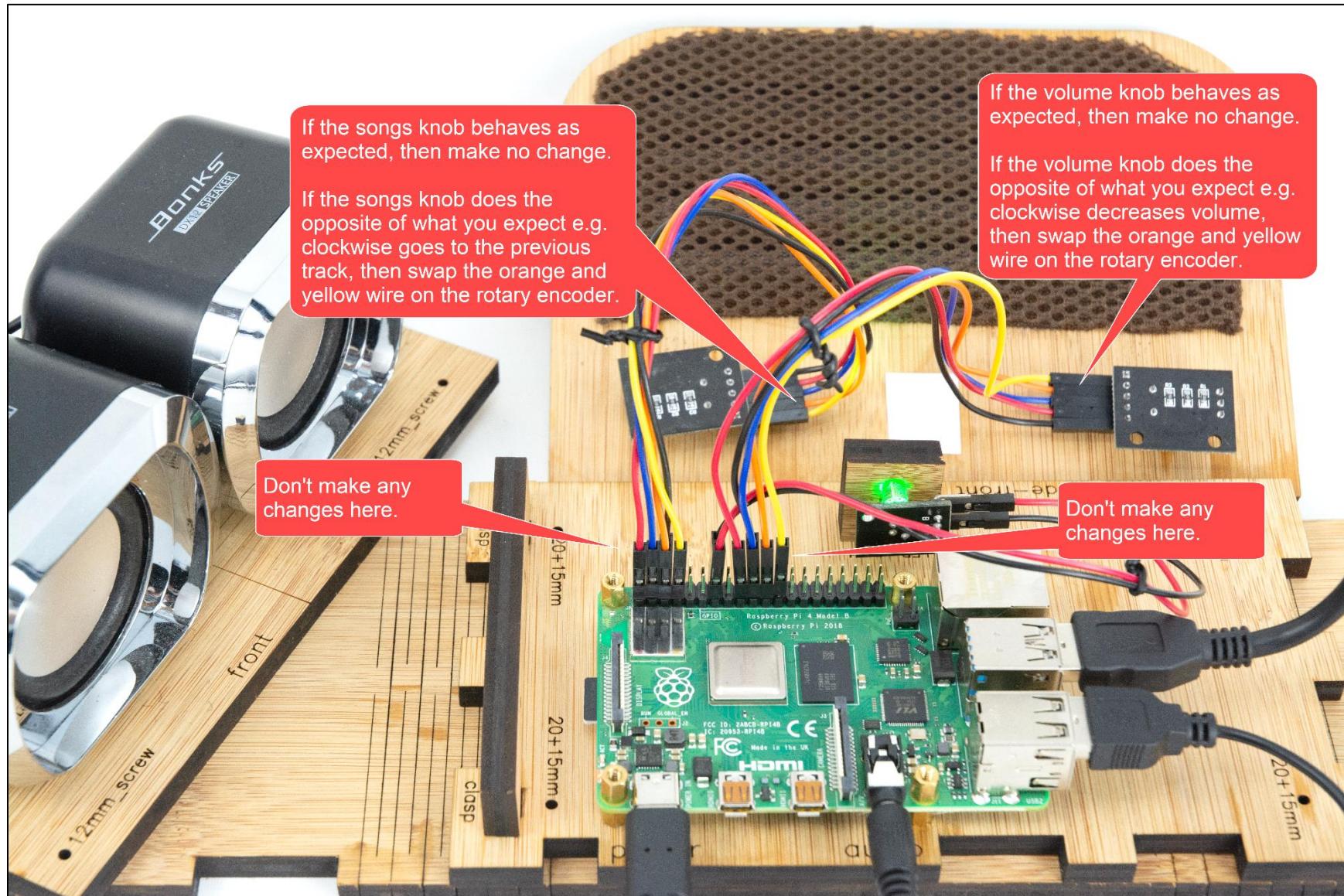
STEP 27: Verify wiring



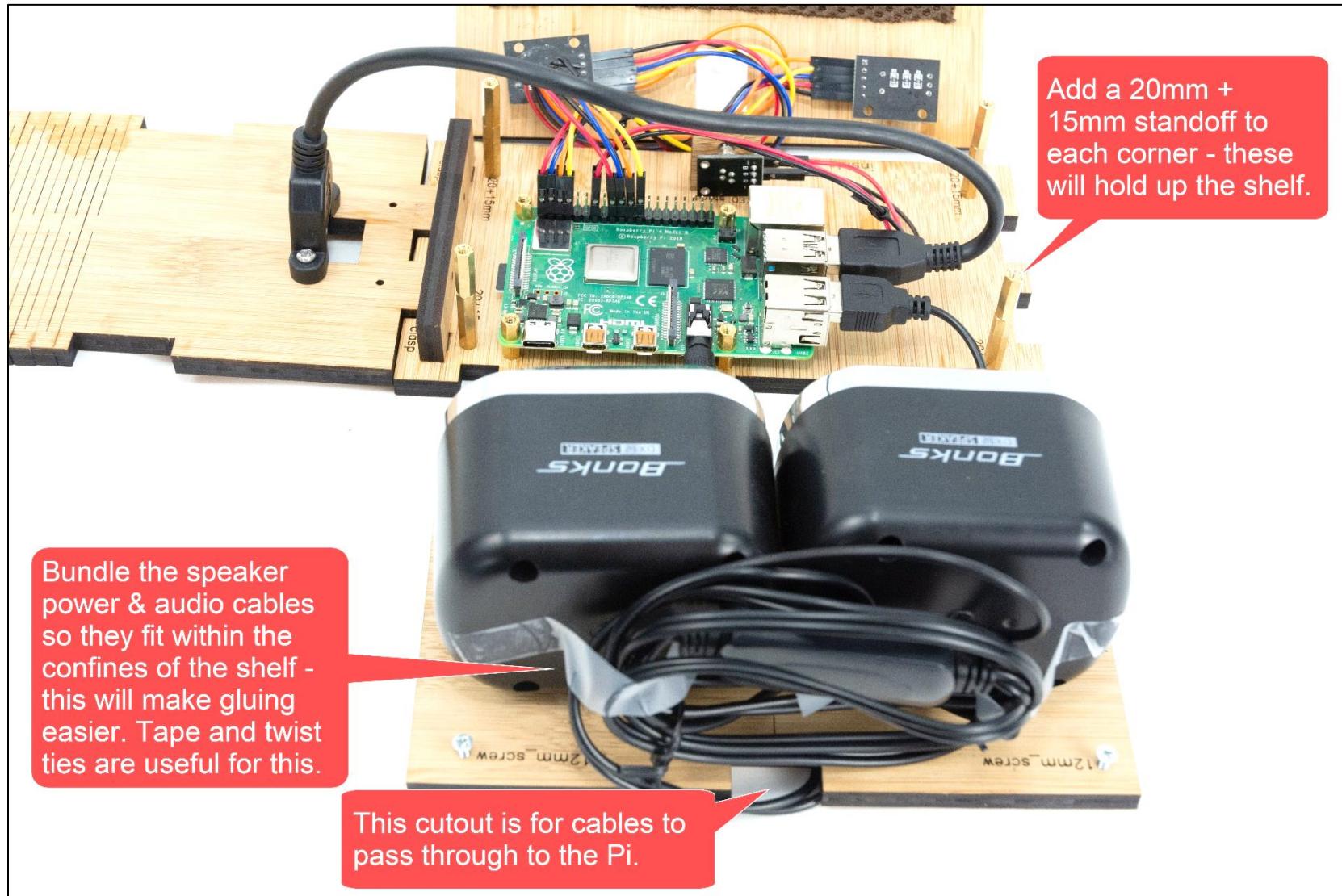
STEP 28: Test it again



STEP 29: Adjust the knob wiring (if necessary)



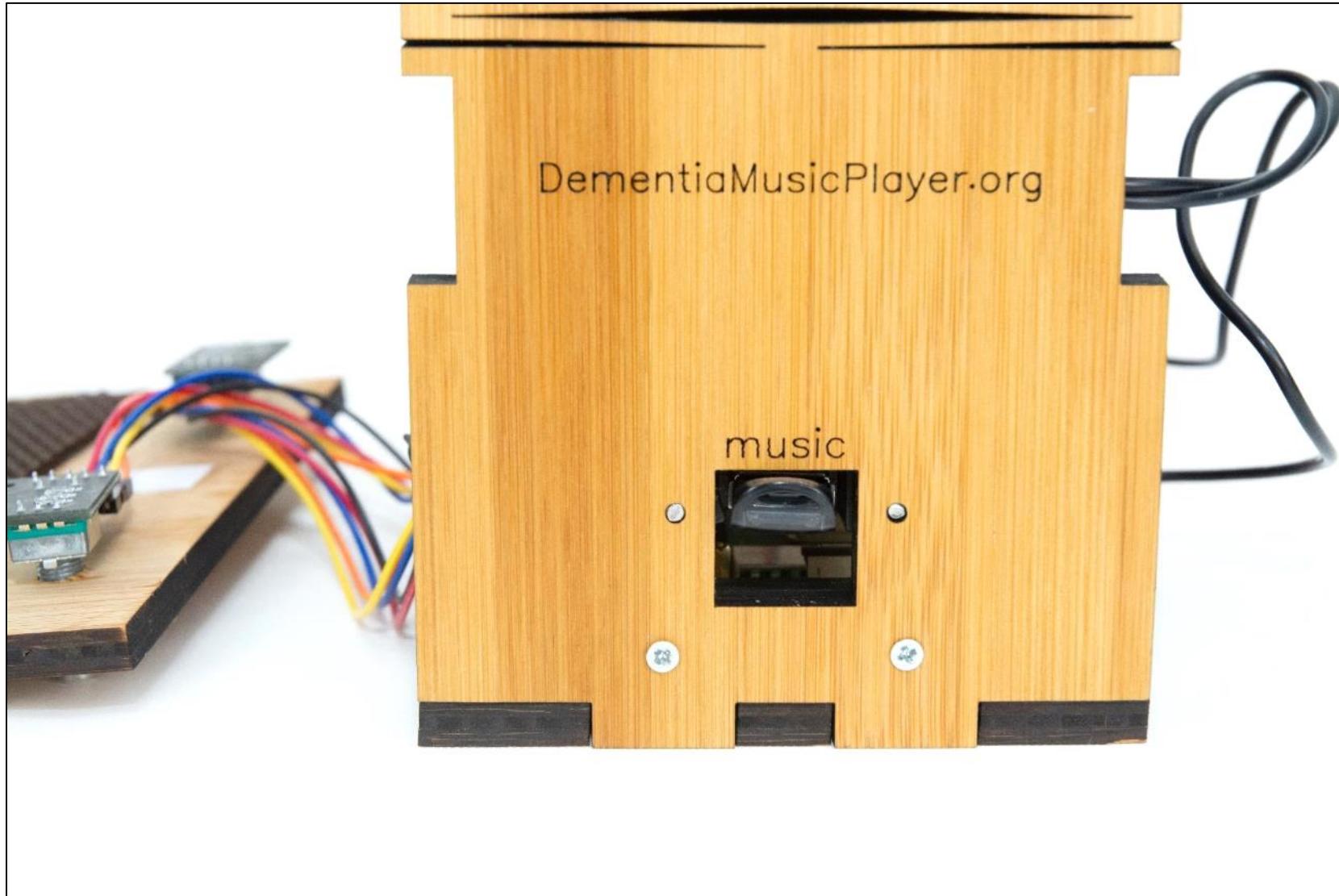
STEP 30: Bundle speaker wires, add standoffs



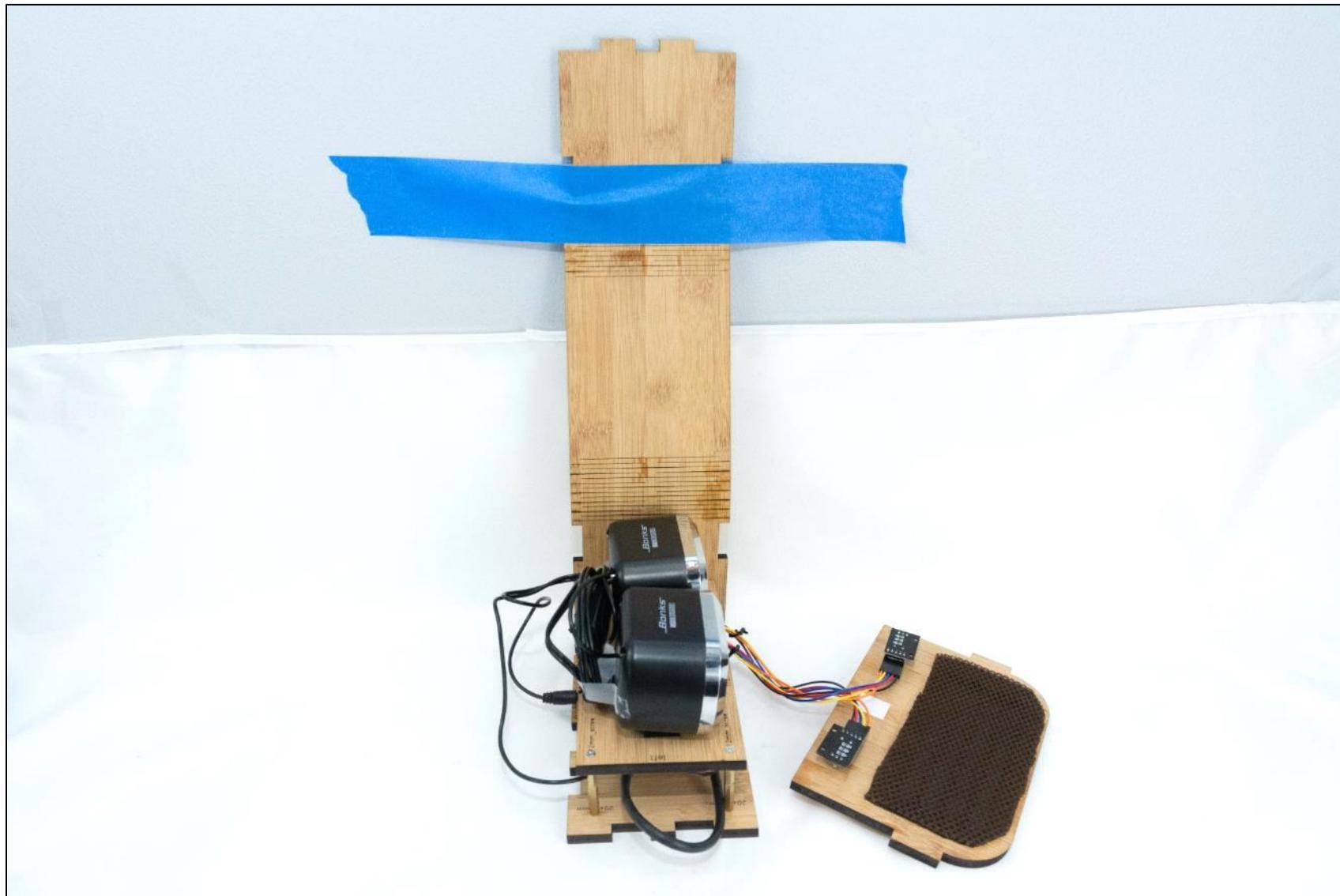
STEP 31: Add the shelf



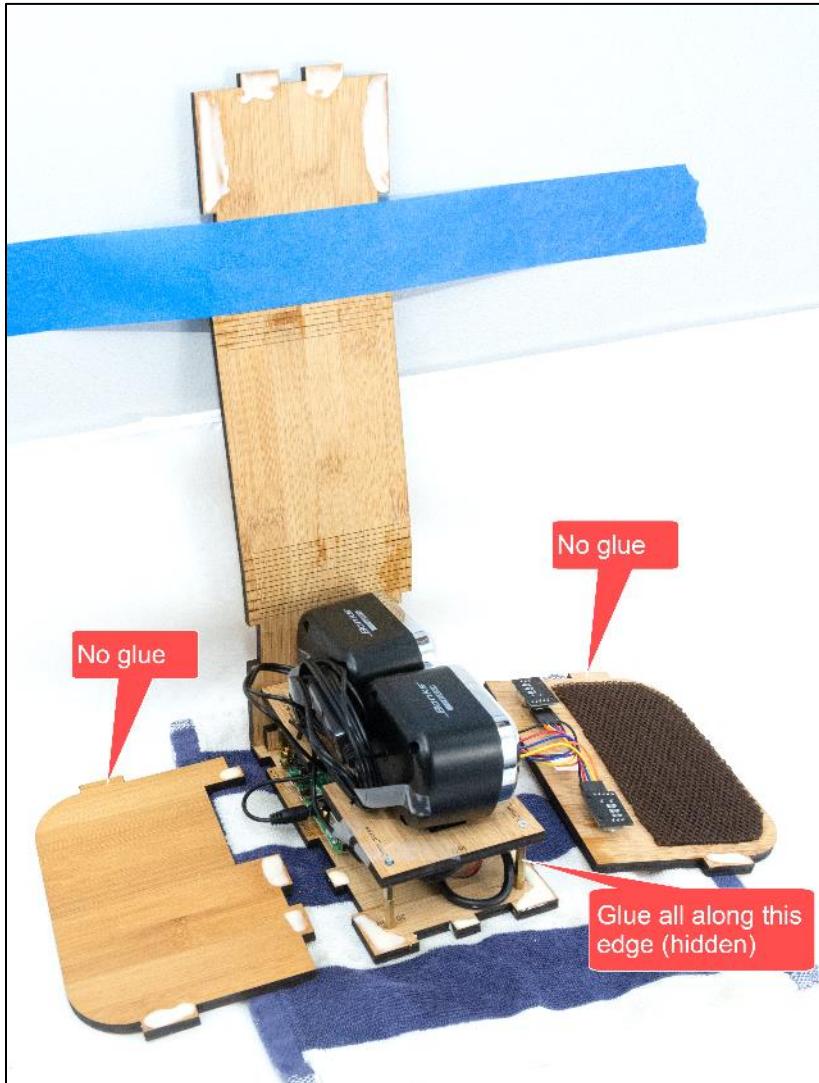
STEP 32: Attach at the clasp (screws)



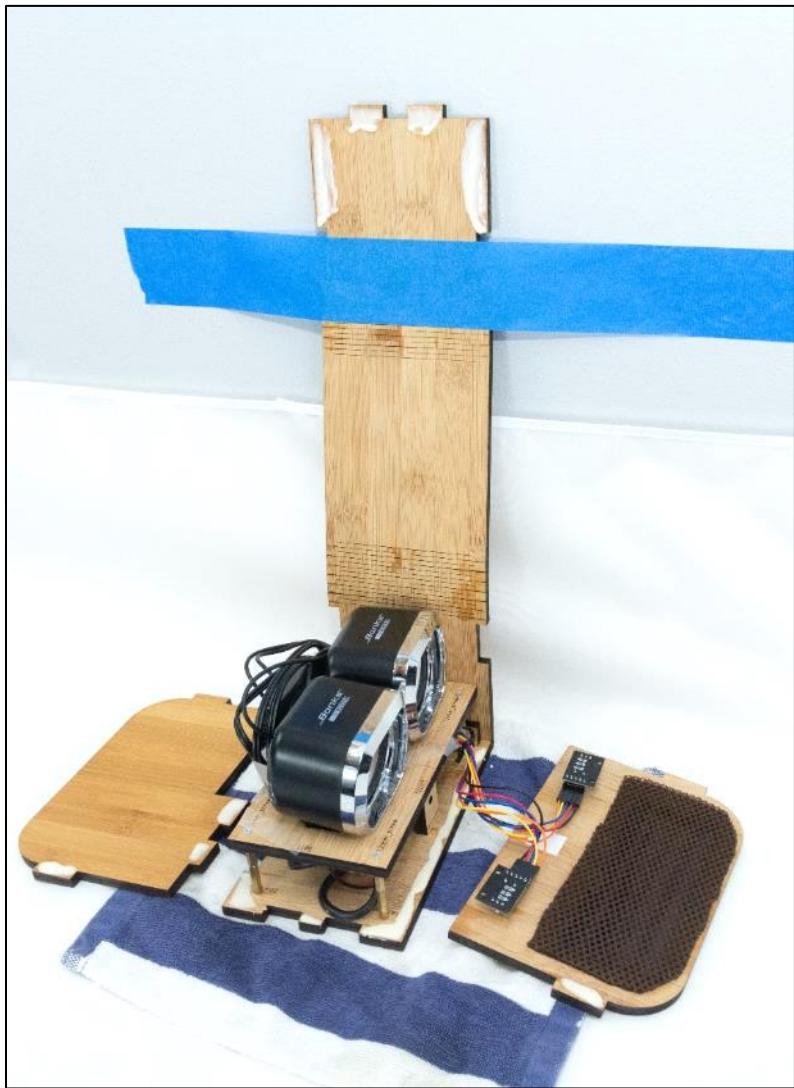
STEP 33: Tape to wall (makes next steps easier)



STEP 34: Add glue



STEP 35: Verify glue



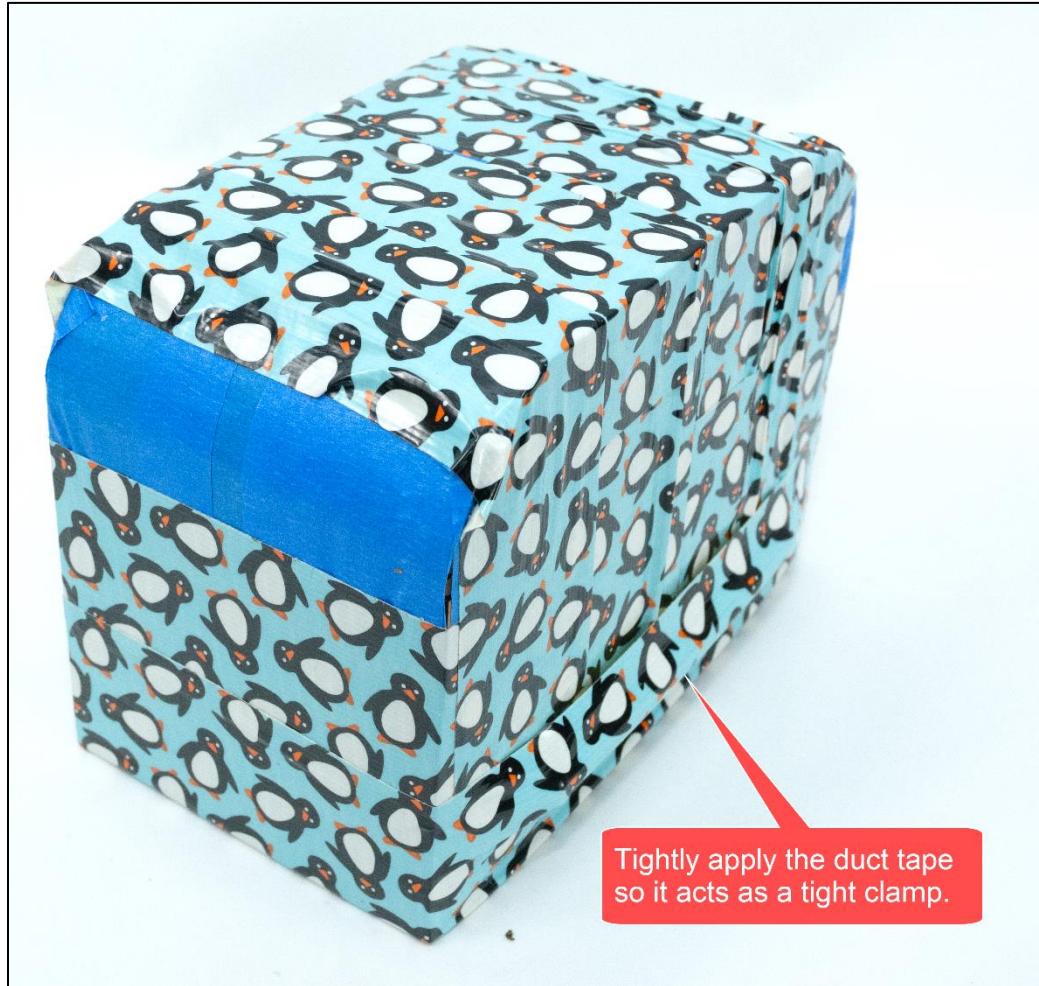
STEP 36: Put the pieces together



STEP 37: Clamp it lightly – painter's tape



STEP 38: Clamp it tightly – duct tape



STEP 39: Glue the knobs



STEP 40: Let the glue dry

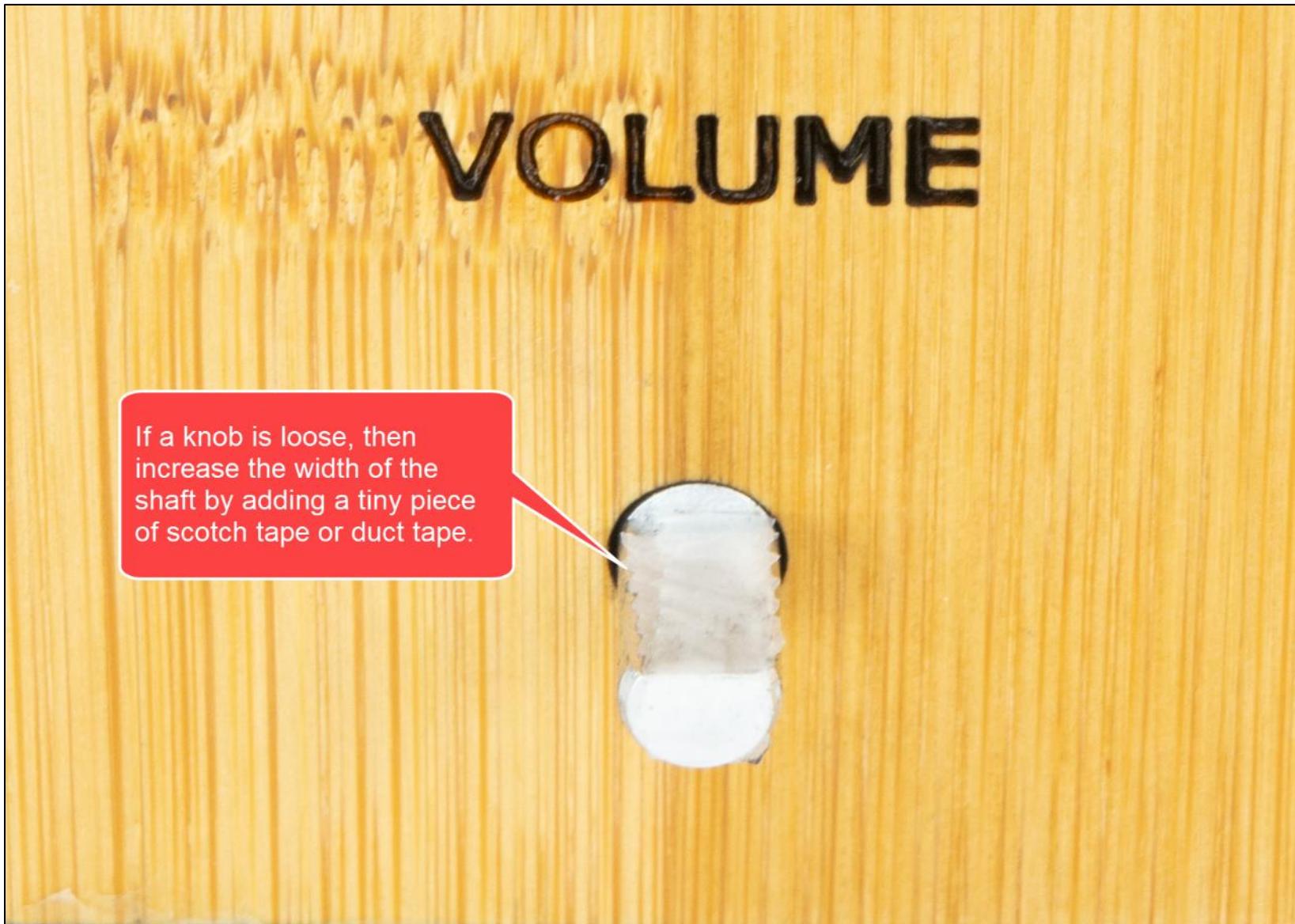


Keep it taped (clamped) for at least 30 minutes. If you are not in a rush, overnight is better.

STEP 41: Remove the tape



STEP 42: Adjust the knobs (if necessary)



STEP 43: Tape instructions

Print this page and tape the instructions in the box below to the bottom of your new Dementia Friendly Music Player:

To create personalized music

Organize the music on your computer

- A_Beethoven_9th
- B_AndrewsSisters_Hits
- C_GlennMiller_Hits

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 the Dementia Friendly Music Player.
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.
5. Plug in your Dementia Friendly Music Player.

STEP 44: Done!

Congratulations! You should have a fully functional Dementia Friendly Music Player.

Appendix 1: Building 10+ at a time

Assumptions:

- You want to build 10 or more units at a time
- You are planning this far enough in advance (6 weeks or more) that you can order some of the parts directly from China
- Two ways to make the case – laser cut it yourself or order with a quantity discount from Ponoko
- If you order in quantity 10+ from Ponoko, you get a ~40% discount
- If you are planning to laser cut the case yourself, or in conjunction with a maker space, I suggest using 5.2mm cherry MDF wood
 - Looks great, is commonly available, laser cuts well
 - Ideally apply some wood finish (see above)
 - At my supplier, a 4'x8' sheet is \$55, and you can make as many as 12 cases from it
 - For the cost estimate below, I'm assuming 15 minutes of laser time at \$1 per minute
 - For laser cutting, be sure to use the matching 5.2mm file from [github](#)
 - You'll need the rubber feet (see below) as the 6mm shaft of the standoffs will protrude slightly from the bottom of the case

# units to make		10					
Item	Supplier	Quan	Each	Total	Per unit	Notes	
Wood case	Maker space	10	\$21.50	\$215.00	\$21.50	Or order 10+ from Ponoko for @ \$46.53	
Raspberry Pi 4 Model B - 2GB RAM	AdaFruit	10	\$35.00	\$350.00	\$35.00		
Official Raspberry Pi Power Supply 5.1V 3A with USB C - 1.5 meter long	AdaFruit	10	\$7.95	\$79.50	\$7.95		
Panel Mount USB Cable - A Male to A Female	AdaFruit	10	\$3.95	\$39.50	\$3.95		
Female-female jumper wires 30cm	Ali Express	10	\$1.24	\$12.40	\$1.24		
M2.5x6mm + 6mm standoffs (50 pieces)	Ali Express	1	\$2.38	\$2.38	\$0.24		
M2.5x15mm + 6mm standoffs (50 pieces)	Ali Express	1	\$3.41	\$3.41	\$0.34		
M2.5x20mm + 6mm standoffs (50 pieces)	Ali Express	1	\$3.95	\$3.95	\$0.40		
M2.5 screws 12mm M2.5-0.45 (100 pieces)	Amazon	1	\$6.85	\$6.85	\$0.69		
Speaker cloth (large cloth)	Amazon	1	\$9.99	\$9.99	\$1.00		
Speakers	Amazon	10	\$9.99	\$99.90	\$9.99		
Micro SD card	Amazon	10	\$7.49	\$74.90	\$7.49		
USB flash drive	Amazon	10	\$7.19	\$71.90	\$7.19		
KY-040 rotary encoders (knobs)	Ali Express	20	\$0.72	\$14.40	\$1.44		
KY-016 indicator LED (10 pieces)	Ali Express	1	\$1.92	\$1.92	\$0.19		
Sticky back velcro strips (5 yards)	Amazon	1	\$7.92	\$7.92	\$0.79		
Sticky back rubber feet (100 pieces)	Ali Express	1	\$1.09	\$1.09	\$0.11	Only needed for wood < 6mm thick	
TOTAL					\$99.50	+ tax + shipping	