Dance For Health

Addressing the physical and social health of older adults living in a multi-level residential community through dance classes.

Objectives
By participating in dance classes, older adults will improve:
- their physical activity levels.
- their psychological health through freedom of self-expression in a safe environment with peers.
- their overall well-being by being empowered to adopt such physical and social activities into their everyday lives.

Details
- Community Site: First Community Village
- Clients: residential populations including Independent Living, Assisted Living, Memory Care, and Long Term Care.
- Preparatory work:
  - interviewed residents for their music & dance preferences
  - wrote a curriculum entailing warm-up, movement for every body part, weight bearing exercises, dances, and cool-down
- Implementation:
  - taught each population 30-60 minutes 1-2x/week

Feedback
- Set a record for most client participation in an activity class with the Long Term Care residents.
  - “This is just what they need. This is wonderful!” – Memory Care Nurse
- “Your class keeps their interest. We’ve never seen them move and participate in an activity for a full hour before.” – LTC Activity Staff
  - “I wanted to tell you that I think what you’re doing with the residents is great. I love it! And they need it!” – AL Nurse

Outcomes
- Senior Prom scheduled in May 2016 for clients
- Long-term sustainability plan for each population
- Positive improvement in health reported by clients (interview and questionnaire), staff, and family
- Consistently increasing numbers of participants in Long Term Care and Memory Care classes

Sarah Kidd
School of Health and Rehabilitative Sciences
Doctor of Physical Therapy Program

THE ALBERT SCHWEITZER FELLOWSHIP
Addressing Health Disparities
By Developing Leaders in Service

“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”
——Albert Schweitzer, PhD, MD

2015-2016 Albert Schweitzer Fellow