



DANCE
HEALTH ALLIANCE

AGED CARE FACILITY INFORMATION

**In-House / Online DanceWise™
Programmes Available**

COVID Safe

Dance Health Alliance™ invites you to be a part of
our exciting movement programme.

No dance experience necessary – Open to all ages
and levels of mobility!



email: info@dancehealthalliance.org.au

tel: 1300 183 342





DANCEWISE PROGRAMME

Dance Health Alliance™ facilitates programmes run by experienced dance professionals in care homes, aged care facilities, and lifestyle villages specifically designed for seniors. These programs are called **DanceWise™**.

How it Works

DanceWise™ was initially designed for people living with all types of Dementia and their carers, however, we have found success and suitability of this program for those who are seniors.

The sessions include:



**Brain
Training**



**Memory
Stimulation**



**Creative
Inclusion**



**Physical
Activity**



**Social
Interaction**

It is neatly packaged under the umbrella of dance!

Accompanied by an eclectic and age-appropriate playlist, the **DanceWise™** programme inspires people who would believe their days of connection and creativity were over and gives them the opportunity to dance once again.

Various options are available depending on the attendees' needs, including very mobile/able participants or those requiring more care and assistance.

How do you and your clients/residents benefit?

Physical Benefits

- Fun & social interaction for clients and staff.
- Complies with Australian Aged Care Standards Accreditation (standards 3 + 4).

Psychological Benefits

- Builds fitness, stamina, flexibility, and confidence for clients.
- Mood enhancer - lift the spirits of the community.
- A holistic approach to health.

Social Benefits

- Relationship building between staff and clients.
- An interactive activity for clients and families.

Dance Health Alliance™ also offers training opportunities for care home staff to give them an understanding of the **DanceWise™** structure, the needs of residents when dancing, and ways to support them between classes.

DHA can come to you and run a short overview session, or your staff can attend our **two-day training course** created for physical therapists, nurses, movement therapists, care partners, and people interested in supporting their healing.



PACKAGES + PRICING

In-House Pricing

Demonstration Class

Introductory Class • 30 Min Per Class • \$90

Includes:

- Demonstration of the **DanceWise™** Program.
- Information for Care Home Staff.
- Staff Presentation if requested.
- Posters + Promotional Material.
- Facilitating up to 25 participants (depending on COVID safe space).

12 Week Provisional Agreement

12 Weeks • 45 - 60 Min Per Class • \$165 Per Class

Includes:

- Fully Qualified DHA Teacher.
- 45 min - 60 min class over 12 Weeks.
- Facilitating up to 25 participants (depending on COVID safe space).

12 Month Contract

12 Months • 45 - 60 Min Per Class • \$150 Per Class

Includes:

- Fully Qualified DHA Teacher.
- 45min - 60 min over 50 weeks (one year).
- Facilitating up to 25 participants (depending on COVID safe space).

Flexible Packages + Monthly Payment Plans Available on Request

Please note **DISCOUNTS** will apply if multiple classes are held at the same venue on the same day.

Online Pricing

Zoom

[CLICK HERE TO VIEW PREVIEW OF THE ONLINE CLASSES!](#)

8 Weeks



30 Min Per Class



\$880

Our 30 minute online classes are facilitated through our official Dance Health Alliance Zoom business account.

All our Zoom classes are recorded and uploaded to YouTube. This recording is of the facilitator only, with no participants/dancers visible. The option is then enabled for the public to have access to the videos or just those with the link i.e. your care home community.

The 8-week customised package per venue includes:

- 1x 30 minute DHA online classes each week for 8 weeks.
- Detailed step by step instructions for participants on how to access/use Zoom.
- You can invite an unlimited number of participants to join.
- You will have access to recordings of the classes on YouTube.
- A flat rate of \$880.00.

N.B. This pricing is for the current year. Prices will increase in line with industry standards.





ABOUT DANCE HEALTH ALLIANCE

The Dance Health Alliance (DHA) is a not-for-profit organisation facilitating innovative therapeutic dance and movement programmes that foster increased mobility, functional independence, and psychosocial involvement for people living with age-related limitations, mental health concerns, isolation, Dementia, Parkinson's Disease, Multiple Sclerosis, and Arthritic conditions, and a range of neurological challenges.

Founded in The Netherlands, the Dance Health Alliance programme was launched in Sydney in April 2015, with classes in care homes and the community now facilitated across Australia.

The programme aims to improve an individual's quality of life, mind-body balance, and interpersonal interaction by encouraging freedom through music and movement.

Dance Health Alliance™, through the **Dancewise™** programme helps aged services to meet the Australian Aged Care Quality Agency Accreditation Previous Standards & NEW Aged Care Quality Standards.

Standard 3 – Personal Care and Clinical Care

Standard 4 – Services and Supports for Daily Living

TESTIMONIES

The Dancewise program has been a huge hit both with our residents and staff. It has been proven to be both safe, fun, and effective, with some residents and their allied health specialists reporting significant improvements in balance and coordination.

It is also a great social opportunity and is currently one of our most popular programs. Staff too have really appreciated the training and additional skills and it has increased job satisfaction amongst our leisure and lifestyle teams.

The fact that staff can be trained to run the program makes it sustainable and means for an organisation like Whiddon, that delivers services to regional, rural and remote areas, that we can offer this great program to all of our residents.

KARN NELSON

(EXECUTIVE GENERAL MANAGER STRATEGY AND INNOVATION, THE WHIDDON GROUP)

What a wonderful experience is attending a DanceWise class. Even as an able-bodied participant, I could feel the benefits immediately. Everyone was welcoming and encouraging; the dance movements were flowing and easy to follow, and the passion and care shown by the DHA teacher for the love of dance and all that participated are evident. A thoroughly enjoyable experience which I would highly recommend for those not only with mobility issues but for everyone who enjoys a lovely, social, and inclusive experience.

LESLEY

(COMMUNITY SERVICES CASE MANAGER)

Since implementing the Dancewise DHA program, we have noticed that residents are enthusiastic about participating in the program and for those who cannot clearly enunciate why they want to go to the program will indicate with arms or hands some of the exercises that they enjoy. We have noticed ease of socialisation particularly after the program is completed, where the residents will linger and talk to each other. The music revives memories and they will quite often be singing the melodies long after the program is completed.

SALLY RULE

(CLIENT SERVICES MANAGER AT CRANBROOK CARE, LANSDOWNE GARDENS)



Dance is a social activity that functions holistically on a physical, mental, and emotional level to engage individuals of all ages and abilities, improving mental health, immune function, brain health, neuroplasticity, and confidence.

Dance is perfectly positioned to support the public health sector, providing a proactive and cost-effective solution to many global wellness challenges!

Join the dance to find **Freedom Through Movement**
with **Dance Health Alliance**

email: info@dancehealthalliance.org.au

tel: 1300 183 342

follow us!

