



DANCE

HEALTH ALLIANCE



You don't stop dancing because you grow old - you grow old
because you stop dancing!

DANCEWISE

ALLIED HEALTH CARE WORKSHOP

INFORMATION PACK 2020

Please contact us info@dancehealthalliance.org.au or call 0421 274 936

www.dancehealthalliance.org.au

OUR ORGANISATION

ABOUT THE PROGRAM

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, Dementia, Parkinson's Disease, Multiple Sclerosis, and arthritic conditions.

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 NSW, Queensland and Western Australia.

The program aims to improve an individuals **quality of life**, mind-body balance and interpersonal interaction by encouraging freedom through music and movement

BENEFITS



Dance has physical health benefits including improvements in balance, strength and gait, which help reduce the risk of falls



Dance has many positive social aspects that help to overcome feelings of social isolation and depression



Dance is a good source of aerobic exercise and a well-designed dance program can also provide resistance exercise



Dance increased physical activation, increased cognitive stimulation, improved reaction times, decreased apathy/ boredom, increased social interaction and increased musical appreciation

OUR TRAINING WORKSHOPS

Learn how to facilitate the **Dance Health Alliance 'Dancewise'** seated program

Dance Health Alliance (DHA) runs workshops to understand the main structure of the Dancewise program

DHA facilitates a two-day training course.

- Ideal for diversional therapists working the the age care industry
- This **Dancewise Training Package** is targeted towards equipping the individuals, run and facilitate 30 minute Dancewise class.

Also workshop included

Music & Rhythm: Encouraging Cognitive and Memory stimulation

Movement Games: Encouraging Social behaviour and inclusion.

Playlists: Specifically design playlists consisting of eclectic and relatable music.

ISSUES & CONCERNS

More than 1 in 4 people aged 65 years or over have at least one fall per year and many fall more than once



80% of injury-related hospital admissions in people aged 65 years and over are due to falls and fall related injuries



BENEFITS OF DANCE OVER OTHER PHYSICAL THERAPY

Statistics from the BUPA Report 'Shall We Dance' 2010 indicate that taking part in dancing has been shown to reduce the chances of getting dementia by 76%



Taking part in dance also improves the mental & physical health of older people including increased gait, reduced falls, improved reaction times and cognitive performance



Workshop Includes

- Consultations on how the program can be implemented within diverse groups of residents i.e lifestyle, high care etc.
- Full Dancewise Training Manual
- 16 hrs training with DHA Certified Trainers*
- Training onsite at your facility*
- Basic training in fundamental Laban and other movement languages
- Dance Health Alliance Certificate awarded to every participant on completion of the course
- Ongoing support and regularly movement updates
- One year license fee \$150 for the first year (included in the initial training package) to hold unlimited Dancewise 30 minute classes in your facility. \$150 for subsequent years.

*workshops can be organised in individual facilities

*further costs may apply depending on location

YOUR BENEFITS



**Run a 30 minute
Dancewise
programme in your
facility unlimited
amount of times per
week**



**On going staff
support with regular
updated movement
phrases**



**Masterclasses for
staff and residents
also available**



**Financially viable
option to DHA dance
professional onsite
weekly**

OUR PRICING

\$560 per person

- **Two Day Workshop**
- **One Year licence fee**
- **Training Material & Manuals**
- **Online Follow up and support**

*further costs may apply depending on location

* Packages can be tailored to organisations or groups



**N.B. This pricing is for 2019 and will increase by 5% each year.
Prices will increase in 2019 in line with industry standards.**

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AUSTRALIAN AGED CARE QUALITY AGENCY STANDARDS MET

The Dance Health Alliance Dancewise program helps aged services to meet Standard 3.0 of the original Australian Aged Care Quality Agency Accreditation Standards:

Covering...

- 3.1 Continuous improvement
- 3.2 Regulatory compliance
- 3.4 emotional support
- 3.5 independence
- 3.7 Leisure interests and activities
- 3.8 cultural and spiritual life
- 3.9 choice and decision-making

Organisations providing Commonwealth subsidised aged care services are required to comply with the NEW Aged Care Quality Standards.

The quality standards are made up of eight individual standards:

- Consumer dignity and choice
- Ongoing assessment and planning with consumers
- Personal care and clinical care
- Services and supports for daily living
- Organisation's service environment
- Feedback and complaints
- Human resources
- Organisational governance.

The Dance Health Alliance meets the following individual standards:

Standard 3 – Personal Care and Clinical Care

"Each consumer gets safe and effective personal care, clinical care, or both personal care and clinical care, that:

- (i) Is best practice; and
- (ii) tailored to their needs; and
- (iii) optimises their health and well-being."

Standard 4 – Services and Supports for daily living

"Each consumer gets safe and effective services and supports for daily living that meet the consumer's needs, goals and preferences and optimise their independence, health, well-being and quality of life"

WHY DANCE?

Older people don't get enough exercise

- Only 20% of men and 17% women aged 65-74 get the recommended levels of physical exercise.
- For people aged over 75 this falls to 9% for men and 6% for women.

This lack of exercise matters because taking part in physical activity improves both health and life expectancy

- Regular physical activity by older people reduces the occurrence of a number of chronic conditions including cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis.
- Older people who engage in physical activity live longer and those who carry out more intense physical activity for longer periods live longest on average.

Dance benefits the body and the mind

- Dance is a good source of aerobic exercise and a well-designed dance session can also provide low-level resistance exercise.
- Dance has physical health benefits including improvements in balance, strength and gait, which help reduce the risk of falls, a significant health hazard in later life.
- Dance has been shown to be beneficial in the direct treatment of a number of conditions including Arthritis, Parkinson's disease, Dementia and Depression. Taking part in dancing has been shown to reduce the chances of getting dementia by 76%.
- Taking part in dance also improves the mental health of older people including reaction times and cognitive performance.

Dance promotes emotional wellbeing of older people and combats isolation

- Older people enjoy dance sessions and are more likely to continue to attend them - thereby gaining proportionately more physical benefits than they would from ordinary exercise sessions.
- The social aspects of dance help to overcome feelings of social isolation and depression.
- Dance is inclusive - there are no targets, and no failures, which contrasts with the philosophy of sports-based activities.

Statistics are referenced from the BUPA Report 'Shall We Dance' 2010
The health and well-being benefits of dance for older people





DANCE

HEALTH ALLIANCE

"Nobody cares if you can't dance well.
Just dance however you can.

Great dancers are great because of
their passion."

Martha Graham

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