



DANCE
HEALTH ALLIANCE



STAFF TRAINING FOR AGED CARE FACILITIES AND RESPITE CENTRES

INFORMATION PACKAGE

www.dancehealthalliance.org.au

*you don't stop dancing because you grow old,
you grow old because you stop dancing!*



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ABOUT OUR ORGANISATION

The **DANCE HEALTH ALLIANCE™** (DHA) is the leading not-for-profit organisation of its kind in Australia, 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** was launched in Sydney in April 2015, with classes in care homes and communities now facilitated across Australia.

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

DHA is a proudly registered COVID Safe Business, offering programmes ideal for keeping members of your community active, engaged and happy - even during lockdown!

Keep your residents, clients, and staff fit and active for under \$25 per week*.

*Initial training fee not included. Cost based on yearly licence fee.



WHAT IS DANCEWISE?

DANCEWISE™ was initially designed for people living with all types of Dementia and their carers; however, we have found success and suitability of this programme for all seniors.

The sessions include **BRAIN TRAINING, MEMORY STIMULATION, CREATIVE INCLUSION, PHYSICAL ACTIVITY,** and **SOCIAL INTERACTION** - all 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 allows them to dance once again. Various options are available depending on the attendees' needs, including physically independent participants and those requiring more care and assistance.



OUR TRAINING

Learn how to facilitate the **DANCE HEALTH ALLIANCE DANCEWISE™** seated programme in your aged care facility/drop-in centre, specifically designed for your residents or clients. DHA's **DANCEWISE30 TRAINING FOR AGED CARE STAFF** provides an outline and understanding of a **DANCEWISE™** class structure, the residents' needs when dancing, and ways to support them between classes. It is ideal for lifestyle and activities coordinators, diversional therapists, physiotherapists, carers and support staff.

THE DANCEWISE30 TRAINING INCLUDES;

- + A two-day training course in your facility with DHA trainer/s.
- + Support for aged care staff to organise and run 30-minute DanceWise classes in your facilities.
- + Basic Dementia training and strategies to facilitate classes specific to the needs of people living with Dementia.
- + An understanding of how to design eclectic and appropriate music playlists.
- + Tools to create movement sequences and choreography.
- + Creation of rhythms to encourage cognitive and memory stimulation.

BENEFITS OF THIS TRAINING FOR STAFF INCLUDES;

- + Complies with Australian Aged Care Standards Accreditation (standards 3 & 4).
- + Team building and leadership opportunities for staff.
- + Confidence and creativity within the staff faculty.
- + Relationship building between staff and residents through a fun and social activity.
- + Staff will also receive ongoing support and online resources through our website portal with the opportunity for onsite or virtual masterclasses with DHA Certified Teachers.

BENEFITS OF THE DANCEWISE PROGRAMME TO RESIDENTS;



FALL PREVENTION

Dance has physical health benefits, including improvements in balance, strength and gait, helping to reduce the risk of falls.



SOCIAL INTERACTION

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



CARDIOVASCULAR

Dance is a good source of aerobic exercise, and a well-designed dance program can also provide resistance exercise to improve muscle strength.



STIMULATION

Dance increases cognitive stimulation, improves reaction times, decreases apathy and boredom, and increases musical appreciation.

FEES + INCLUSIONS

ONSITE TRAINING - \$4500

- + Consultations with staff on how the programme can be implemented within diverse groups of residents i.e lifestyle, high care, etc.
- + Full Endorsed Facilitators Training Manual.
- + 16 hrs training with DHA Certified Trainers.
- + Training onsite at your care home facility.
- + Workshop for up to 10 staff members.
- + Basic staff training in fundamental Laban and other movement languages.
- + Facilitator certificate awarded to every participant.
- + 2 DHA classes with your residents during the training.
- + 2 Masterclasses a year with a Certified DHA Teacher online available.
- + Online resources via the DHA website.
- + Annual licence fee for the first year (included in the initial training package) to hold unlimited DHA 30 minute classes in your facility. \$1250 for subsequent years.

2 day onsite Endorsed Training for up to 6 staff	\$2700
Annual licence fee	\$1250
Training material & manuals	\$300
Online support including 'facility specific' portal on DHA website	\$250

Additional costs:

- + Extra masterclasses with one of Dance Health Alliance's dance professionals.
- + Extra staff attending the initial 2-day training.
- + Travel costs are not included.

ONLINE TRAINING

This training consists of 6 sessions, equalling 12 hours of face to face video conferencing:

- + 6 x 2-hour sessions over three weeks (2 sessions per week).
- + Assignments include both written and practical components, requiring a minimum of 7 hours self demonstrated work:
 - + 3 x 2-hour assessment tasks
 - + 1 x 1-hour assessment tasks
- + Basic staff training in fundamental Laban and other movement languages.
- + Facilitator certificate awarded to every participant.
- + Online resources via the DHA website.
- + Annual Licence fee for the first year (included in the initial training package) to hold unlimited DHA 30 minute classes in your facility. \$1250 for subsequent years.

\$450 per person (minimum of 6 participants)



TESTIMONIES

Join the dance like so many other aged care facilities and respite centres.

BURGER CENTRE / THE WHIDDON GROUP / OZ CARE / BASS CARE / IRT / CARRAMAR

The DanceWise program has been fantastic, and our clients are enjoying it. We started before COVID with Centre Based classes with our clients who attended our centre and moved online, providing the programs via ZOOM with success.

The training provided by Gwen and her team at Dance Health Alliance was engaging and inspiring, and the ongoing support and use of their online tools are wonderful.

Burger Centre programs Social support, Respite for Carer and Wellness programs to those living in the community. DanceWise is certainly a program that our clients have embraced. Burger Centre is proud to be an approved and accredited DanceWise provider.

BRONWYN ELBOURNE

(SENIOR MANAGER, BURGER CENTRE)



The **DANCE HEALTH ALLIANCE** is proud to have been acknowledged and published in the **AUSTRALIAN JOURNAL OF DEMENTIA CARE**. The following is an excerpt from the article, **“THE JOY AND FREEDOM OF DANCE”**:

There has been substantial research into the effects of dance therapy and music in people with and without Dementia.

The benefits of dance included improved cognition...memory, mood, stress relief, self-confidence, and social and psychological well-being. Dance integrates several brain functions simultaneously, including kinaesthetic, musical, and emotional, enhancing neuronal connectivity.

For these reasons, DanceWise classes are of particular benefit for people with Dementia. The combined power of dance and music provides a proven, positive, and cost-effective intervention for people in care homes and the community.

AUSTRALIAN JOURNAL OF DEMENTIA CARE

(VOL 6 NO 3, 2017)



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 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)

Come and join Dance Health Alliance as part of the leading Australian training programmes for innovative and inclusive therapeutic dance classes.

Discover the alliance between dance and health, and help your community to find their

freedom through movement.





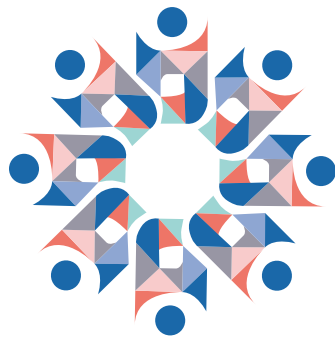
DANCE
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movement IS medicine

*Therapeutic Dance
and Movement
Programs*

Let's Dance!





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CONTACT US

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