

Dance and ageing populations



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Data collection

- reviewed 41 journal articles and papers
- scanned 152 sites (102 for dance programs and 50 for training or professional development)
- released a survey which received 113 responses
- ran 3 focus groups with a total of 19 participants
- held 12 face to face interviews
- received generous support from Queensland Ballet



Terms

Active and agile - includes older people who are ambulant, physically active and can move limbs relatively quickly and easily.

Active and ambulant - includes older people who are physically active but lack the ability to move quickly

People with mobility restrictions or issues who live independently, with or without assistance. These people may be ambulant (walk without assistance) or non-ambulant (use aids such as canes, walkers, wheelchairs). They have a loss of mobility or physical restrictions.

People in Care Facilities may include aged care, hospices, hospitals, day respite or care centres.



Benefits of Dance

- Provide motivation by presenting programs that blend creativity, social interaction, artistic goals and physical activity
- improve physical condition (muscular strength and endurance, balance in older adults) and
- increase social connectedness, while
- boasting very low attrition rates

Motivation & retention

“The completion rate for exercise courses is 40%.

Dance to Health achieved 73%, plus a range of health, artistic and social benefits.”



Older people's dance activities –
the first UK survey.

People Dancing:
November 2016, p 4

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Benefits of Dance

- improve cognitive function and memory consolidation
- improve to brain plasticity and stimulate mirror neurons
- improve proprioception and navigation in space
- improve in balance and gait (falls prevention)
- reduce the risk of dementia and can produce positive results in mental acuity

Hui E, Chui BT, Woo J:
**Effects of dance on physical
and psychological well-being
in older persons.**

*Archives of Gerontology and
Geriatrics*, 2009, 49(1): e45–
e50.

Keogh JWL, Kilding A, Pidgeon
P, Ashley L, Gillis D:
**Physical benefits of dancing for
healthy older adults: a review.**

J Aging Phys Act 2009,
17(4):479–500





Miller E, Buys L:
Predicting older Australians' leisure-time physical activity: impact of residence, retirement village versus community, on walking, swimming, dancing and lawn bowling. *Act Adapt Aging* 2007, 31(3):13–30

People Dancing. (2016). Older people' s dance activities - the first UK survey. Retrieved from <https://www.communitydance.org.uk/content/41324/Live/Older%20People's%20Dance%20Activities.pdf>

Merom D, Cumming R, Mathieu E, Anstey KJ, Rissel C, Simpson JM, Morton, RL, Cerin E, Sherrington C, Lord SR.

Can social dancing prevent falls in older adults? a protocol of the Dance, Aging, Cognition, Economics (DAnCE) fall prevention randomised controlled trial.
BMC Public Health. 2013;13(1):477.

Hwang PW-N.

The effectiveness of dance interventions to improve older adults' health: a systematic literature review.

Alternative Therapy Health Medicine. 2015;21(5):64.





Burzynska, A., Jiao, Y., Knecht A.,
Fanning J., Awick E., Chen T., Gothe
N., Voss M., McAuley E., Kramer A.

Frontiers in Aging Neuroscience,

‘White Matter Integrity Declined
Over 6-Months, but Dance
Intervention Improved Integrity of
the Fornix of Older Adults’,

v9, 2017,
DOI=10.3389/fnagi.2017.00059

Rehfeld K, Müller P, Aye N,
Schmicker M, Dordevic M,
Kaufmann J, Hökelmann A and
Müller NG (2017)

‘Dancing or Fitness Sport? The
Effects of Two Training Programs
on Hippocampal Plasticity and
Balance Abilities in Healthy
Seniors’.

Frontiers in Human Neuroscience.
11:305.doi:
10.3389/fnhum.2017.00305



Skills of a dance facilitator

- The dance leader should be an experienced dance artist or teacher with dance teaching, police checks and first aid qualifications; and this person would have undertaken further studies to extend their knowledge base (not everyone agrees on this)
- Dance professionals working within community, residential and care facilities, should be seen as teaching artists, not as health workers
- Respondents were divided about whether training and professional development should be accredited.



Teaching Dance to Ageing Populations

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