Dance for life
Dance for people with Parkinson’s Disease

Region Jönköping County
Public Health department

Katarzyna Filipowicz
Dance and movement therapist
Ballet dancer

Ida-Klara Johansson
Occupational Therapist
Contemporary dancer
Good public health

- Region Jönköping County is working to minimise differences in health between citizens
- Public Health
- Health promotion
Elderly people & Culture

Public Health Section of the Jönköping County Council has for many years worked to reach out with the culture of the county's population

- A complement to medical care can give good effects
- "With a joint force - for a rich life as a senior"
- Dance for people with Parkinson 2013
Culture with breadth and depth

- Cooperation Kulturhuset (Culture house) Spira & Public health
- Rehabilitation & environment
- Kulturhuset Spira in Jönköping is the whole county’s cultural centre
“Capturing Grace”

I can’t walk but I can dance

Producer/Director
David Iverson
Key features of Parkinson’s Disease (PD)

- Neurodegenerative disease.
- Interferes with movement.
- Risk of falling regularly.
- Multitasking is often difficult.
- Neuromuscular tension and pain is common.
- There are a range of medicines prescribed to ease symptoms.
- Many people also experience uncontrollable movement (dyskinesia).
Some of the more common symptoms:

- Tremor (uncontrolled shaking)
- Rigidity or stiffness in muscles
- Bradykinesia (slowness of movement)
- Festination (a hurried, shuffling walk)
- Lack of co-ordination
- Freezing
- Stooped posture
- The voice may become quieter
- Facial expression may lessen
- Depression
Background

In 2001 Dance for PD® USA started as an idea, was born as an experiment, and has emerged as an innovative global program.

100 communities in 14 countries.

John Heginbotham and David Leventhal started leading monthly classes for about 6 people.

Today: 45-50 participant a week.
Where you can find dance for PD in the world
Dance for PD program is built on one fundamental premise

- Professionally-trained dancers are movement experts.
- Dancers know all about stretching and strengthening muscles, and about balance and rhythm.
- Dancers know about the power of dance to concentrate mind, body and emotion on movement.
- Teaching artists integrate movement from modern and theater dance, ballet, folk dance, tap, improvisation, and choreographic repertory.
• The class is an aesthetic experience.

• Addressing such PD-specific concerns as balance, flexibility, coordination, isolation and depression.

• The classes engage the participants’ minds and bodies.

• Social environment that emphasizes dancing rather than therapy.

• Recapture grace.
Dance for people with Parkinsons
Jönköping, Sweden
Target group

- Parkinson's Disease
- Mild to moderate symptoms
- Some autonomy in moving/gait/transition
- Aid e.g. wheelchair, walking stick is not an obstacle
- No age limit
- Caregiver or family member is welcome to join
- Motivation to come
1 h/week - 10 to 15 dance classes per term

- Warm-up sitting down
- Standing behind a chair or at the barre
- Transition e.g. walking
- Choreography
- Improvisation
- Group or pair exercises
- Cooling down
”It’s so nice to move the perspective from medical treatment to health maintenance. When I’m here I feel fellowship and I dare to use my body without reflecting over how it looks like…”

Lena
Participant, Dance for people with Parkinsons, Jönköping
Adam Lech
one of the dancers
in Jönköping
Music - A key note

The interaction with the music/musician adds another important dimension that affects the physical, social and cognitive factors.

Music creates community, creativity and emotions in the room.

Musik is a personal experience that is manifest in the mind and therefore affects how we experience our body.
Live music for Parkinson dance class

- Tempo
- Vocal work
- Clear pulse

Musical introductions and dance preparation

Reflection and movement

Musical choices
“Music helps us find the tempo, accents, characters and expressions of the movement”

Ingrid

Participant, Dance for people with Parkinson’s, Jönköping
"The music cheers me up and allows me to go further. It’s not like any other group I attend."

"I do think the music is parallell. There’s an emotional dimension to it"

Participate Dance for Parkinsons´s English National Ballet.
Focus areas of the intervention

Physical

Cognitive

Psycho-social
Physical Motor-function
Motor-function

- Range of movement/stretching
- Strength
- Balance
- Posture
- Motion, initiating movement
- Coordination
Tango and Parkinson

Hackney & Earhart (2010) has been studying the effects on people with Parkinson´s practicing Tango.

Results

- Functional mobility
- Increased balance
- Lengthening gait
- Decreased risk of fall
English National Ballet program

Houston & Mcgill (2015) Investing study: English National Ballet, Dance fo Parkinson’s

Results

- Postural stability - dancing group showed stronger improvements in comparison to control group.

- Quantitative data

- Adding qualitative accounts - suggests that participants feel the dancing may be doing them som good in relation to balance and gait as well as body awarness.
Cognitive Non-motor function
Parkinsons Disease is not just a movement disorder…

…Dance is a mental activity that connects mind and body
Cognitive function

- Memory
- Coordination
- Aesthetic/artistic expression
- Visuo-spatial
- Audio-tative
- Touch
Psycho-social function
• Social interaction/community
• Acceptance
• Confidence
• Relationship
Dance as an important impact on health

- motor coordination and balance.
- auditory, visual & sensory stimulation
- musical experience, musicality & social interaction
- memory & motor learning
- emotional perception and expression
- emotional interaction

Kattenroth et al. (2010)
Let’s dance!
Let’s dance!
Contacts

Katarzyna Filipowicz
dansterapeut@gmail.com

Ida-Klara Johansson
ida-klara.johansson@rjl.se

Find us on Facebook
"Dans för dig med Parkinson"

https://plus.rjl.se/aldreochkultur

Questions?
Thank you!
Referenser

2. Region Jönköpings län www.rjl.se
10. Den kulturella hjärnan www.kulturellahjarnan.se