Come Dance With Me!

Wendy Kudell and Christine Bryden
ABOUT THE PROGRAM

Come Dance with Me is a new dementia-friendly dance program designed to empower people with dementia to participate in their community while engaging in fun, social and physical activity.

Each class will be easy to follow and will cater for all ages and all ability levels.
No experience in dance required - beginners welcome!

WHEN
The next program will start on Thursday 6 November and will run from 10am - 12pm every Thursday for six weeks, ending 11 December.

WHERE
Newmarket, Brisbane.

WHO SHOULD ATTEND?
The program is open to people with dementia, their family and friends.

WHAT DO I NEED TO BRING TO THE CLASS?
Wear comfortable clothing. Bring a bottle of water to drink.
Creating a dementia-friendly society!

“It’s wonderful! It’s exhilarating! I like the exercise and I love all the beautiful treasures here!”

Our faces are usually sad or anxious to start with, but we leave with a big smiley face!
No wrong way to dance

It’s not what you say, but how you say it!

“I like being creative and moving to the music. I love the bits where we act and can be funny. My anxiety is high at the start, but by the end of it I feel on top of the world.”
“I enjoy watching participants lose themselves in their dancing. Personalities come out to play in an environment where everything is possible. Seeing faces, especially eyes come alive when their movement ideas are embraced, is a joy to watch. The infectious laughter within the group keeps the rhythm of the class humming along. ... I feel very privileged to witness this.”
“One of the happiest sights I've ever seen ... you seemed so full of mischief and were obviously having a wonderfully carefree time whirling around without a care in the world, that was fantastic.”

“To see you all brimming over with playfulness, exuding joy and creativity and free for that time, at least from the burden of living with dementia. That is what it is all about.”
Free to be ourselves!

“I would not normally do this sort of thing. So it is a bit confronting and challenging. I get a bit emotional about being able just to be me and not worried about what others think. But it feels really great to be OK just being me.”
Mirroring creates non-verbal conversation

Taking turns to lead and to copy movement, so have non-verbal communication

In expressive dance, and with mirroring, we participate on equal basis
What freedom and fun we were having!

One theme was use of coloured scarves
Blokes preferred sports theme and danced game of cricket!
Another theme was colour, with props (green bucket, red teapot, blue shawl and huge strip of yellow material)
Socialising important for keeping brain healthy and avoid isolation

Withdrawal from society leads to further depression, on top of what we feel because of dismal prognosis

“\textit{I tend to forget to eat. The break is a good reminder. I get quite hot too, so this break gives me a chance cool down, as there’s a nice breeze coming in.}”
Thank you!
Thank you for participating in ‘Come Dance with Me’ program.
We would really like your feedback before and after each session. The information obtained will remain confidential and does not involve the collection of Personal Information.

You will be given two forms – Pre and Post sessions. Your feedback will be identified by a coloured sticker allowing complete anonymity.

**Pre-session**

Please indicate by ticking or circling how you are feeling at this moment:

- Very Sad
- Somewhat Sad
- Neutral
- Somewhat Happy
- Very Happy

OPTIONAL: are you feeling any different to the above? _______________________

Please fold your form and place in the box provided.

Thank you.

Smiley faces created by J. Jackson.

Consumer Feedback
‘Come Dance with Me’ April - May 2015