

MANCHESTER
1824

The University of Manchester
Institute for Collaborative
Research on Ageing



Moving online: Digital dance programs for older adults and people with Parkinson's

Judith Bek - University of Manchester/ University College Dublin

Michelle Groves – Faculty of Education, Royal Academy of Dance

David Leventhal - Dance for PD, Mark Morris Dance Group

Chair: Charlotte Growcott – University of Manchester

MICRA webinar 27.5.21

@MICRA_Ageing

Welcome

Poll 1: which of the following do you identify as (select all that apply)

- Researcher
- Health professional
- Creative professional
- Policy maker
- Older adult
- Person with Parkinson's
- Family member/carer
- Other

Poll 2: do you have any experience of online dance?

- As a participant
- As an instructor/practitioner

Why dance (research)?

- Inactivity associated with poor health outcomes in ageing (Cunningham et al., 2020)
- Alternative options needed to maintain health, mobility, and well-being



- Dance as an enjoyable and motivating activity = sustainable?
- Many elements that may contribute to positive outcomes
 - rhythm/timing, visual/auditory cues, cognitive-motor processes...

Understanding
beneficial effects
requires a
collaborative effort!

Effects of dance in ageing and PD

Sensorimotor	Cognitive	Psychological & social
Balance and posture	Visuo-spatial	Mood
Walking	'Executive' functions	Participation
Functional mobility	Global cognition	Quality of life
Falls risk		

Hwang et al. (2015); Kshtriya et al. (2015); Mattle et al. (2020); McNeely et al. (2015); Shanahan et al. (2015)

- Various styles: mixed, modern, ballet, ballroom, tango, Irish, improvisational...
- High levels of adherence and enjoyment
- More research needed on non-motor effects for older adults and in Parkinson's
- Also to investigate how benefits can be optimised

Impact of COVID

- Older people particularly impacted by the pandemic (Wu, 2020; Morrow-Howell et al., 2020)
 - Reduced access to usual activities
 - Isolation and anxiety
- Exacerbation of problems in Parkinson's (Helmich & Bloem, 2020)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Guided Meditation 10:30-11:30 AM NY JOIN US				Guided Meditation 10:30-11:30 AM NY JOIN US	
Dance for PD* 11 AM-12 PM NY JOIN US	Dance for PD* 11 AM-12 PM NY JOIN US	Dance for PD* 3-4 PM NY JOIN US		Dance for PD* 11 AM-12 PM NY JOIN US	Phrases for PD 11 AM-12 PM NY JOIN US
		Guided Meditation 3:00-3:15 PM NY JOIN US		Sing for PD 3:00-3:15 PM NY JOIN US	

Moving online...

- Rapid development of 'at-home' dance resources
 - Videoconferencing
 - Pre-recorded classes
- How do participants engage with these resources?
- Can benefits be obtained through digital practice?

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Dancing at home

We've created content to help you make the most of dancing at home.

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RAD@Home

Presentations

Judith Bek

University of Manchester & University College Dublin

Participants' experiences of at-home dance during COVID-19

Michelle Groves

Faculty of Education, Royal Academy of Dance

Variations on a theme: Connecting Silver Swans across virtual domains

David Leventhal

Dance for PD[®], Mark Morris Dance Group

Dance for PD: Creating a digital lifeline

Questions and discussion