

**Dance
to health**

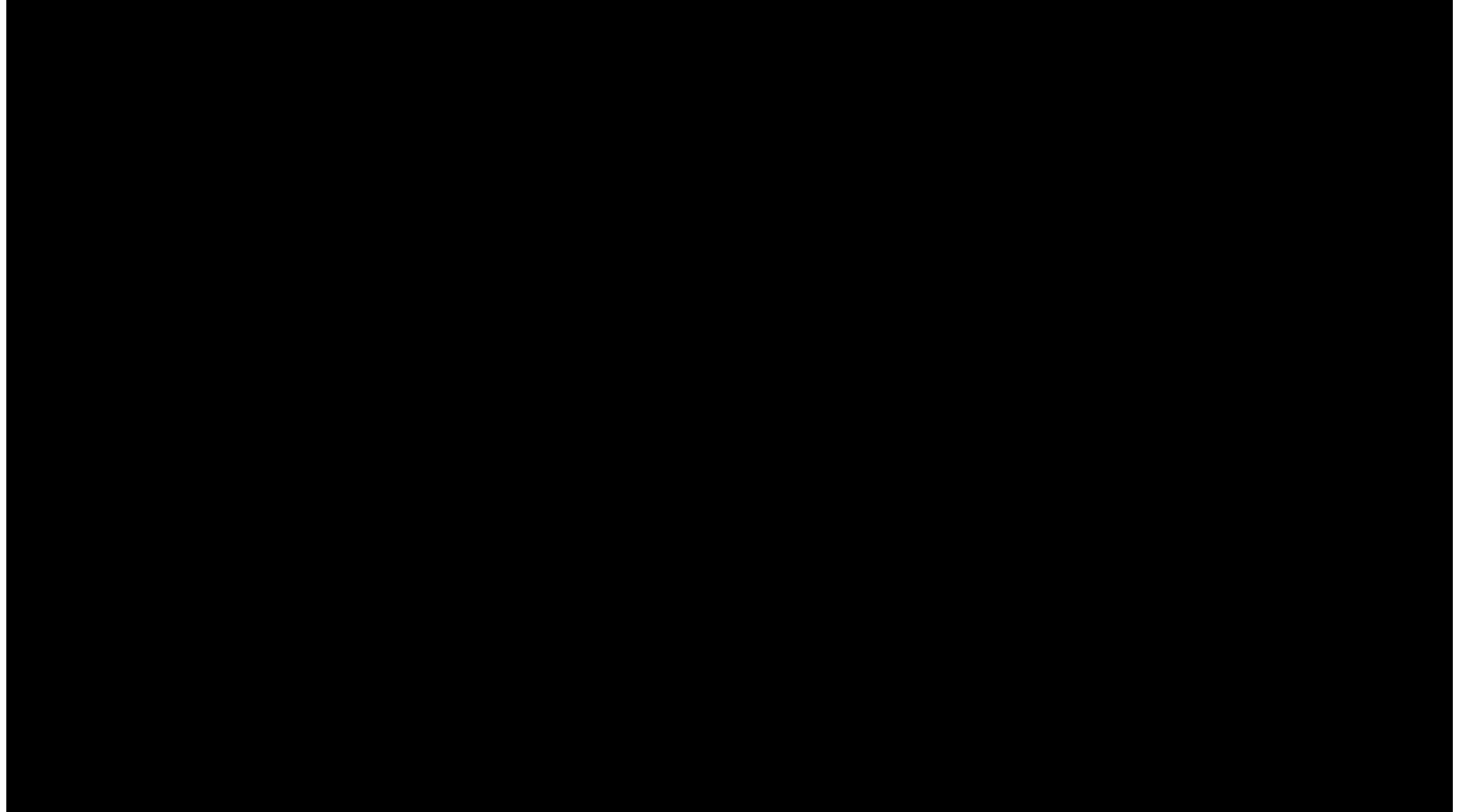
A falls prevention dance programme for older people
developed by Aesop

Innovation in Person-centred Approaches Conference 2019

Karen Hamilton, Head of Programme, Dance to Health
Angela Conlan, Lead Dance Artist, Dance to Health

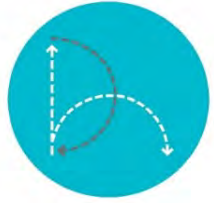


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A falls prevention dance programme of

Aesop Arts Enterprise with
a Social Purpose



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The challenge



- Falls cost £2.3 billion per year
- 25% of ambulance calls as a result of falls
- Traumatic for older people, often leading to isolation
- Standard falls prevention – adherence often patchy and little follow on activity



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The Innovation

- Dance Artists trained in PSI - evidence based falls prevention exercise
- Improvement Programmes – dance versions of FaME and Otago
- Local Groups for maintaining strength and balance
- National family of self-run, financially sustainable groups with central support.





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The Success



Results so far *

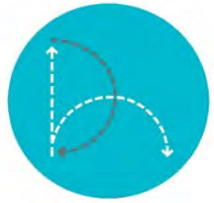
- “Dance to Health offers the health system a more effective and cost-effective means to address the issue of older people’s falls”
- “Dance to Health is helping older people in danger of falling overcome lost confidence, reduced independence and increased isolation”
- “The use of music and storytelling empowered participants to engage in movement; they were encouraged to move limbs through a range of movements and gain confidence to ‘go further’, reaching higher or bending lower, as they were embraced by the music and lost in the storytelling or memories.”

* Sheffield Hallam University Sport Industry Research Centre Evaluation report

The Results

- Falls reduced by 44%
- 95% of participants report an improvement in mental wellbeing
- 97% of participants would recommend Dance to Health to friends and family
- The future – plans for Phase 2 are well underway – to launch in April 2020





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CONTACT DETAILS

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