TRAINING ACTIVITY 5

I WANNA DANCE WITH SOMEBODY.

THE REHEARSALS 2

Description of the activity

Objectives:

- To improve socialization of PwAD
- To encourage PwAD for fun and enjoyment
- To activate PwAD memories
- To improve their mobility
- To reduce behavioural and emotional disorders
- To improve their autonomy
- To enhance their memory and executive functions
- To improve the QoL of PwAD

Participants:

- People with Mild-Moderate Alzheimer
- Relatives
- Professionals

Competences to be trained (relatives and professionals):

- Knowledge of dementia
- Able to communicate with PwAD
- Respect for these people
- Can deal with difficult or severe reactions of the PwAD
- Learn about dance therapy
- Knowledge of ICT tools
- Supported by professionals from CATs
- Collaboration with the team

Competences to be trained (People with Mild-Moderate Alzheimer):

- improve energy and mood
- expression of emotions

Training contents: Dance Therapy for PwAD

- Effects on cognitive, behavioral and physical status
- Methodologies and tools to use dance as therapy for PwAD
- Application in home environments
- Digital tools to enhance dance therapy
- Guidelines for using rhythm exercises
- Guidelines for selecting dances
- Guidelines for using ICTs or Apps to develop the Dance.

Estimated duration:

- F2F: 10.5 hours
- Online:1.5 hours (the GD. Design of the choreography activity can be performed either online or F2F).

Implementation

ACTIONS F2F/ONLINE	EXPLANATION, TIMING AND RESOURCES NEEDED
Opening	**Professionals/relatives should read guidelines for trainers:** - How to make PwD cooperate in a Group Dynamic. - Some ideas on how to prepare the action(s). - How to communicate with PwD. - To understand the concept of planning. - To understand the factors that influence the design process. ***The program is based on the active and not on the inactive participation of the PwD. Each session should activate and provoke strong emotional reactions, enhance mobility, remove the thought from the pain, reduce the stress and help to decrease the depression. Additionally, stimulates alertness and helps memory, two of the most basic cognitive functions.** Then the professionals/relatives start the activity, make an introduction trying to give them some information about this activity and then ask the users what they think the activity is … or ask to tell them a story from their experience. The activity consists of activities for looking for dance for a show, learning the steps and practicing them. The activity could be also used for dancing activities that do not aim to be included in a show. **Timing:** 75 minutes (15 minutes to read the guidelines and 60 minutes for the discussion) **Training Materials and resources:** ▪ Guidelines for trainers: how to make PWD to cooperate in a Group Dynamic ▪ Guidelines for trainers: Some ideas on how to prepare the action(s) ▪ Guidelines for trainers how to communicate with PwD ▪ General guidelines for professionals/relatives ▪ Laptop/computer/tablet.

GD. Design of the choreography	**Explanation (what to do)** **** Professionals/relatives should have always in their mind the guidelines** ▪ How much the professionals/relatives will participate in the activities, depends on the impairment of the user. ▪ Sometimes users need support in making decisions or choosing things. ▪ Professionals/relatives can give them hints and tips to facilitate them (see guidelines for trainers: "hints and tips"). ▪ In each step the Professionals/relatives should be prepared in order to drive the participants and maintain a flow in the discussion and activities. **Timing:** 15 minutes (to read the guidelines) **Training Materials and resources:** ▪ Guidelines for trainers: "Hints and tips" ▪ General guidelines for professionals/relatives ▪ Guidelines for trainers: how to make PWD to cooperate in a Group Dynamic ▪ Laptop/computer/tablet **Tell users we could select a dance for a show. This task could carry out following the next steps:** ▪ Explain to users we are going to perform a show and we have to dance for it. If the activity is not related to a show, this step is omitted. ▪ Explain to them that we have 3 parts: ▪ In the 1st part, professionals/relatives have to explain what rhythm is, how it functions and the use of it in dance. The professionals/relatives also help the users to select a dance (HOW to select a dance is explained in details in **Selecting dance** activity) to be included in the show. ▪ In the 2nd part the users are going to choose music or a song of their own and they can see their free style dance capability.

- The users have to practice the selected dance (e.g. a traditional dance of their country origin, example for a Greek dance).

Timing: 30 minutes **(time for presenting the activity)**

Training Materials and resources:

- Video presentation

- Laptop/computer

For the 1ˢᵗ part, professionals/relatives give answers to the topics like as:

- Rhythm is a specific combination of movements, either soft ones or strong ones. Sometimes they are slow or fast. It is depending on the tempo of music or the dance steps.

- According to the choreography we have several options, dynamical or weaker motives. They could be supreme wild or refined. In any case we follow the nature and the instructions of the dance.

- The whole dance harmony is depending on the frequency of the steps in a rhythm which is clarifying the melodical and chorographical lines

Timing: 45 minutes

Training Materials and resources:

- Video presentation (songs or dances as examples for better understanding)

- Laptop/computer

- App: Rhythm Teacher: Music beats.

Selecting dance: The professionals/relatives explain the main topic of the show and select the main theme of the show to demonstrate and focus on. If the activity is not related to a show, the professionals/relatives propose several topics such as "seasons, flowers or names". (*In our country, there are a lot of traditional dances where their name can be the name of a person or a flower*).

The steps are:

- Professional/relative gives them information about the show. For example, the show can be about a love story of a princess and a man.

- The PwD discusses and decides to focus on a specific topic.

Timing: 45 minutes (30 minutes with users and 15 minutes to prepare everything before and after the action finishes).

Training Materials and resources:

- Images to show the different topics or related to the show

- A board to write and decide the specific topic

- Laptop or computer

- Give some tips in order to help decide the dance

Selecting dance (continue):

The steps are:

- The professionals/relatives ask them their opinion what kind of dance they prefer, slow or fast for example.

- They can write the opinions on a board so they can see/read them.

- After that they can vote and professionals can write the votes on the board.

- Once they decide it the professionals/relatives tell them the results of the votes.

Timing: 30 minutes (with users)

Training Materials and resources:

- A board to write what they think about every option
- The presentation of the 2 options (slow or fast) with examples above
- Laptop or computer

They should think about songs and dances that remind them of the selected topic.

	▪ The professional/relative has in mind 2-3 relative dances keeping also in mind the decision from the previous step (slow-fast dance) ▪ If the PwD do not remember any dance, the professional/relative should help by giving some tips, like words from the song or reminding the rhythm of the dance **Timing:** 30minutes (20 minutes with users and 10 minutes to prepare everything before and after the action finishes). **Training Materials and resources:** ▪ Images to show the different topics or related to the show ▪ Video presentation with examples for dances ▪ Laptop or computer
PA – OK, lets' dance!!	**After this reference, professionals/relatives describe that they will do some exercises to understand better what the rhythm is.** The strategy and suggested exercises are found below: ▪ Participants are better placed in a circle ▪ It would be better to choose rhythmic songs (3-4 different songs for alternation) those which discussed in the previous activity ▪ Rhythmic beats with hands (e.g. clapping, hits on knees or table) ▪ Rhythmic beats with feet on the floor ▪ In each rhythmic beat participant could name a letter of the alphabet or number ▪ Combination of numbers and letters of the alphabet with double beats (for example 1A, 2B, 3C etc. to extent the time) **Timing:** 60 minutes (45 minutes with users and 15 minutes to prepare everything before and after the action). **Training Materials and resources:** ▪ Laptop/computer (in case we play a song or music) ▪ Guidelines for trainers: how to create a rhythm with body percussion addressed to PwD

- Guidelines Professionals who know about PwAD but don't know about CAT
- Video presentations as some examples for rhythmic beats (dancing in the chair or not).
- App: Rhythm Teacher: Music beats.

Some examples you can see in these links:

https://youtu.be/wjnzXqnvoyo

https://youtu.be/2tOHhfgUEcw *(dancing in the chair)*

Two sessions for this task, so the total time is 2 hours (120 minutes)

Notice: Do not forget that the training objectives are maintenance, especially the basic skills in PwD. The numbers as well the direction in the dance are very important! Therefore, education for learning movement in the place at left or right and forward or backward is necessary.

Practice some movements: Professionals/relatives could make several changes of direction using a different start leg of the moving pattern. Some ideas are:

- Movement in 2 steps forward and 2 steps backward
- Movement in 2 steps left and 2 steps right
- Movement in 2 steps forward and 2 steps backward in faster tempo
- Movement in 2 steps left and 2 steps right in faster tempo
- Movement in many steps forward and some steps backward
- Movement in many steps left and some steps right
- Free steps in a place
- One step is bigger than the others (every time that they listen claps)
- In any step they have to name a number (for example 1-2-3)
- In any step they have to name a number (for example 1-2-3) in each direction
- The users try to make the three steps per two people.
- App: **Line Dance Steps**

Please note, to be confident the users it would be good to participate with their relatives to encourage them and enjoy together.

In case PwD does not want to get up from the chair, they try to make movements on it and keep the rhythm by side view (left and right leg) with the body in front of the chair so that it does not rest on the back of the chair.

Timing: 60 minutes (45 minutes with users and 15 minutes to prepare everything before and after the action).

Training Materials and resources:

- Laptop/computer/tablet
- Musical instruments-if possible (the live sound would give a different mood)
- Guidelines to choose a musical instrument for rhythm
- Guidelines for trainers: how to create a rhythm
- Video presentations as some examples for different movements in a place and in different tempos

Some examples of movement in a place are given in the links below with the accompaniment of music and in different tempos:

https://youtu.be/Ewqq-3xJFdI

https://youtu.be/dzEqgthvVgo

At the initial stage, the implementation of the skills is characterized by significant inaccuracy, slowness, lack of stability and rigid movements. Because users lack self-confidence, they are hesitant and indecisive about their movements. Even if the beginners perform a move correctly, they are not sure how they were led to the correct execution.

Two sessions for this task, so the total time is 2 hours (120 minutes)

- The professionals/relatives explain the 3rd part which includes learning how to dance a specific dance (e.g. a traditional dance).

The steps are:

- The professionals/relatives ask them to vote between two dances, or propose some dances (e.g. traditional dances)

- The professionals/relatives can write the opinions on a board so the users can see/read them.

- After that users can vote, and professionals/relatives can write them on the board.

- Once the users decide it the professionals/relatives tell them the results of the votes.

Timing: 30 minutes

Training Materials and resources:

- A board to write what they think about every option

- Laptop/computer/tablet

Below, is an example for a Greek dance: Syrtos in three steps

Syrtos in three steps is the dance that everyone in Greece first learned at a young age because it has a slow tempo and very simple steps. It can be danced only with a song, without the accompaniment of musical instruments.

Men and women participate and dance in a circle. The handle is from the palms with the hands up and the elbows bent. The rhythm is 3/4 and is completed in six musical meters.

During the learning process of dance Syrtos in three steps, the dancers are making the first 3 steps forward to the direction of the cycle. Then, at the next 3 steps they cross their legs to both directions, right and left.

Timing: 60 minutes (45 minutes with users and 15 minutes to prepare everything before and after the action).

Training Materials:

- Laptop/computer/tablet

- Video with the basic steps of the dance

- Video with the basic steps of the dance Syrtos in three steps as an example, you can see in the link below:

https://youtu.be/efJrS6Sg3D4

Two sessions for this task, so the total time is 2 hours (120 minutes)

Notice*: In case that relatives cannot participate in this activity, more health professionals are involved to help the PwD.*

Dance is the best form of physical and mental exercise for each age because it improves their concentration by the process of the learning dance (e.g. new)

	and enhances their memory. They have to remember and to coordinate movements and steps from one session to the next.
EA. ICTs or Apps that can **help to develop the dance**	**YouTube** **App: Rhythm Teacher: Music beats** (https://play.google.com/store/apps/details?id=net.gamya.rhythm&hl=en) **Line Dance Steps** https://play.google.com/store/apps/details?id=eu.linedances.linedancestepquiz&hl=en **Word** or **Notepad** For notes
Closure	Present the results of the training to the other users. **Timing:** 60 minutes (50 minutes with users and 10 minutes to prepare everything before and after the action finishes). **Resources:** laptop/pc or cd player to play the music.