

STRATEGIES FOR HEALTHY AGEING

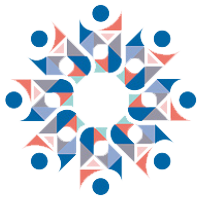
A Positive Ageing forum presented by
Older Persons' Mental Health Service (Prince of Wales Hospital)
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Being Active





DANCE
HEALTH ALLIANCE

Why Dance?

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A recent study published by Sheffield Hallam University, UK. The study looked at the use of **dance as a falls prevention programme for older people**. It evaluated if **dance**



programmes aid individuals who are at risk of falling and if they are beneficial to the health care system.

A summary of the results of the study are below:

*97% stating that they would recommend a chair based dance programme like **Dancewise** to people who have fallen or are at risk of falling.*



*86.2% said they have made new friends as a result of **taking part** in programmes like Dancewise.*

Participants that could recall a fall in the previous 12 months, there was a **44% reduction in the number of falls.**



*88.1% of participants stated that as a result of programmes like Dancewise **they feel they are more physically active.***

*94.7% stated that they felt that chair based dance programmes like **Dancewise** has improved their mental wellbeing.*



Significant improvements in: **feeling calm, confident, a reduced sense of loneliness & isolation and an increased sense of independence.**

Strategies for Ageing Well

Older Persons' Mental Health Service, Prince of Wales Hospital