

DANCE *for* PD[®]

Training Module #7 Adaptations

This module will guide you to:

- ✓ Structure your class to be as inclusive as possible
- ✓ Innovate creative involvement without forcing participation
- ✓ Let participants choose their level of participation.

Alternatives and adaptations

There's no reason anyone should feel left out unless they really want to be left alone. Anything done standing can be done seated. Any combination of movements can be broken down into smaller bits. Every movement can be enjoyable and meaningful if done with an imaginative motivation. You can arrange people with more limited ability to be included in the larger group dance. Keeping alternatives in your back pocket will create an inclusive atmosphere for everyone.

Innovate creative involvement, but don't force participation

You may have people who use walkers or wheelchairs in your classes. You may have others who wish to remain seated, or who would like an extra hand moving across the floor

Walkers can generally be incorporated easily into any combination you do across the floor, but you may need to guide someone (as dance teachers do) in ways to modify the movement to make it work with the equipment. Walkers don't move well side-to-side, so you'll need to transfer this kind of movement to the hands or arms instead. You may want to suggest to persons using a walker that they stay along either side of the group.

Wheelchairs can seem more difficult to deal with, but wise class management can include and engage people in wheelchairs or seats so that they feel part of the group. Check in with people in chairs to see if they would like to get up for as much of the standing portion of class as they want. Often, they would

like to get up but may need a hand transferring from the chair to the barre (be sure those brakes are on and get a hand from someone else in the class if you need someone to assist). Other times, a second teacher or assistant can lead the seated group while the rest of the class moves across the floor.

Here are some ideas to engage seated participants:

- Do a circle dance that stays in place and including the seated participant as part of the circle.
- Do a moving circle dance and placing a person in the wheelchair in the center of the circle to do a “solo”, or having the people in wheelchairs “messenger” a move from one person in the circle to another.
- Place the seated person at the front of a reel or cross-the-floor progression as the Maestro or movement coach, rhythmically leading the group with his or her hands and arms (an MC of

Want to learn more?

Please join us at a training workshop!