

HomeDance™

Connection and wellbeing through movement



A brand-new program available for home care agencies and residential facilities serving those with Parkinson's disease.

HomeDance is designed to enliven and enrich caregivers' experience with in-home or residential care clients who have Parkinson's and other neurological challenges. Our goal is to utilize the power of dance to build a relationship that celebrates creative exploration, connection, and a sense of enjoyment as part of daily caregiving activities. The program is easy to implement and is based on the Mark Morris Dance Group's internationally-acclaimed Dance for PD® program, founded in 2001. More than 38 published studies underpin the efficacy of the Dance for PD approach.

DANCE *for* **PD**®
CLASSES | TRAINING | RESOURCES
A PROGRAM OF THE
MARK MORRIS DANCE GROUP

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MORRIS**  **DANCE
GROUP**



“It makes me feel alive and forget my limitations because of PD”

–Dance for PD participant

Welcome to HomeDance

The HomeDance program is designed with one goal in mind: to foster an enjoyable, interactive movement experience between carers and their clients. HomeDance is based on 19 years of experience and research pointing to the benefits people with Parkinson’s disease gain through dancing in a structured, non-clinical program. Benefits include improved mobility and balance, increased levels of confidence and self-efficacy, and a reduction in social isolation. The program is based on easy-to-use instructional DVDs and CDs that guide caregivers and clients through a customized, enjoyable dance experience.

Outcomes for clients and caregivers

HomeDance provides a structure for carers and clients to add something new and fun to their day, helping them:

- ✓ Do something fun together
- ✓ Be creative
- ✓ Create a relationship through movement
- ✓ Build a habit of regular physical activity
- ✓ Build confidence
- ✓ Catalyze other interactive, meaningful activities (singing, art making, storytelling)



“I like the fact that we are actually dancing. I’ve always loved to dance and this helps me return to a skill I had lost since developing PD.”

—Dance for PD participant

HomeDance Core Principles

The seven core principles of HomeDance are designed to support a comfortable, non-judgmental movement experience for both caregiver and client:

- ✓ Dance safely
- ✓ Anyone can do this—no dance experience required
- ✓ Every movement counts—every movement has value
- ✓ Find the essence of the movement
- ✓ Adaptation and inclusion—if something doesn’t work, change it
- ✓ Set reasonable expectations—start with 5-10 minutes and work up
- ✓ Have fun



Implementing HomeDance for your team

HomeDance can be implemented simply, quickly and affordably for in-home and residential facility teams:

- ✓ Agency/facility managers participate in orientation call with Dance for PD team (45 minutes)
- ✓ Staff complete online training modules and online assessment (10 hours)
- ✓ Staff complete synchronous, interactive training workshop via Zoom (4 hours) as well as optional community field work
- ✓ Staff begin facilitating dance-based programming at clients' homes or at your facility using DanceKits (lively instructional videos, inspiring soundtracks and a full-color activity guide) as well as Dance for PD's extensive membership resources (additional instructional videos, online streamed class archive), all included as part of the training and licensing package
- ✓ Staff participate in quarterly mentoring sessions with Dance for PD-certified trainers
- ✓ Affordable training and licensing fees based on the number of staff trainees and organizational budget (see attached fee schedule for more information)

Questions? Ready to start?

US/Canada/UK inquiries: Contact David Leventhal at david@danceforpd.org

Australia inquiries: Contact Erica Rose Jeffrey at ericarose@dancepdau.org