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
A falls prevention dance programme of
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
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.
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
CONTACT DETAILS

Karen Hamilton
Head of Programme Dance to Health, Aesop

karenhamilton@ae-sop.org
www.ae-sop.org
www.dancetohealth.org
@Dance to Health  #DancetoHealth

A falls prevention dance programme of Aesop