



Dance to health

RESPONSIBILITIES AND REQUIREMENTS OF AN ASSISTANT DANCE ARTIST

INTRODUCTION

Dance to Health is a pioneering nationwide falls prevention dance programme for older people. Combining evidence and physiotherapy with the creativity, expression and energy of dance, it reduces the risk of an older person suffering a fall.

Dance to health focuses on falls because:

- Falls represent the most frequent and serious type of accident in people aged 65 and over.
- 10% of all ambulance calls are due to older people's falls.
- After a fall, an older person is 50% likely to have seriously impaired mobility and 10% will die within a year.
- Falls destroy confidence, increase isolation and reduce independence.
- Falls cost the NHS £2.3 billion per year.

The standard falls prevention exercise programmes have problems. Dance to Health has solutions.

- Recruitment is a problem. The programmes are 'dull as ditchwater' (Royal College of Physicians Clinical Falls Lead). Dance to Health has waiting lists.
- 60% who agree to join don't complete. Dance to Health pilots are showing better retention.
- Only 38% use the evidence-based programmes which can reduce falls by 55%. Dance to Health uses these programmes.
- Maintenance programmes are rare and, without them, improvements are lost in 12 months. Dance to Health offers maintenance programmes at no cost to the health system.

Dance to Health groups are led by trained dance artists who embed evidence-based falls prevention exercise in creative, fun, sociable dance sessions for older people who have been suffering falls or are at risk of falling.

ROLE DESCRIPTION FOR A DANCE TO HEALTH ASSISTANT DANCE ARTIST



Your role will be to assist the Dance Artist in delivering a falls prevention dance project. The key responsibilities are:

- Demonstrating movement alongside the Dance Artist, offering support and assistance to participants where necessary
- Providing one-to-one support on occasion to less mobile participants and adapting movement to different levels of ability
- Ensuring key monitoring data is collected at the sessions; including taking a weekly register, assisting with membership forms at the start of the course and evaluation forms on the first and last session of the course
- Completing the weekly monitoring spreadsheet
- Following up with participants between sessions where necessary – for example phoning a participant who has missed sessions with no explanation
- Assisting the Dance Artist with setting up and clearing away equipment (ie chairs, props) for each session
- Making and serving tea and coffee after each session and refreshing supplies in advance of the session (costs reimbursed). Assistance will be provided by Volunteer Dance Assistants and/or Peer Motivators

REQUIREMENTS OF A DANCE TO HEALTH ASSISTANT DANCE ARTIST

Essential:

- Has at least 1 year experience of assisting the delivery of dance in the community
- Has at least 1 year experience of working with older participants
- Has experience of working in collaboration and taking the lead with others in a team (for example support staff, shadowers, volunteers)
- Can provide ways of progression for a group of participants with varying levels of ability
- Has an understanding and proactive approach to inclusive practice and person centred teaching
- Is confident in using applications such as Dropbox and Excel
- Is able to commit to the dates required

Desirable

- Has knowledge of sports and/or dance therapy methods that can improve strength and flexibility
- Is passionate about working with older participants aged 60+
- Has an up to date DBS check
- Has undertaken First Aid training
- Has experience of conducting a Risk Assessment

