



REALISTIC OLD-TIME DANCE PROJECT

I have implemented this project to re-introduce residents love of dance and music, bring back beautiful memories. My goal with this project is for them to experience dance in a fun, safe, welcoming and supportive environment. I have successfully implemented this project through many aged care facilities in Toowoomba and outlying areas. This project successfully works for aged care residents with and without dementia, people living independently with or without mobility challenges, people who have individual health status impairments, people in regency chairs, people in wheelchairs/wheelie walkers and people who are ambulant.

Dance Band consistently used: **THE JOYTIMES (Darryl and Chris)**



Author: Chris Gauld

I have identified the need for this project to be implemented through assessment of residents past interests and experiences through their love of dance and music. This project meets socialisation, community involvement, mental stimulation, physical and most of all brings back life interests and experiences full of fun, laughter and happiness.

This experience returns lifetime past memories, memories of falling in love, love of old-time dancing in a beautifully decorated hall, sharing a lovely supper of home-made cooking, listening or dancing to a great old time dance band and sharing all this happiness and fun with family and friends.

Many residents attend my realistic old-time dances, some dance, some sing, some dance in wheelchairs, some socialise with family and friends, everyone enjoys supper but most of all everyone smiles with pure happiness

Author: Chris Gauld

Evaluation of expected goals and outcomes

A program suited for all Diversional Therapists to implement and meet many resident capabilities in a single program

- ❖ Excellent resident attendance and feedback
- ❖ Excellent attendance and feedback from staff, family and friends
- ❖ Great socialisation and catching up with staff, family and friends in a wonderful fun, enjoyable and an activity all can be involved in
- ❖ Meets physical, emotional, mental stimulation, socialisation, physiological, community involvement, improvement in self-esteem and self-worth, health status benefits, slows down progression of cognitive impairment and mental health status, mobility improvement and in general helps all involved to have fun, laughter and enjoyment together as relationships are built
- ❖ Environment suitable - plenty of room, well ventilated, suitable chairs and well lit
- ❖ Old-time dance supper met the needs of all and brought back many memories of exactly what this was like when our residents, family and friends went to an old-time dance; a lot of reminiscing
- ❖ Most of all so many individual needs met with so many people having so much fun

SUMMARY: THIS PROGRAM BRINGS TEARS OF HAPPINESS AND BRINGS BEAUTIFUL MEMORIES AND PAST INTERESTS BACK. OF ALL THE SUCCESSFUL PROGRAMS I HAVE IMPLEMENTED IN THE PAST 16 YEARS, NO OTHER COMES CLOSE TO THE POSITIVE OUTCOMES OF THIS PROJECT. I FEEL SO PROUD AND PRIVILEGED TO BE PART OF TEACHING IN THE LEISURE AND HEALTH INDUSTRY AND WORKING IN INDUSTRY AS A DIVIERSIONAL THERAPIST.

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