

# Dance and Dementia Project: findings from the pilot study

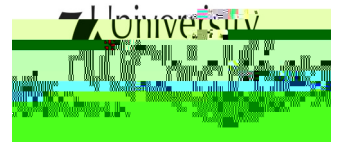
Howe. The project used observation and interview techniques and was designed and carried out as a collaboration between academic researchers, creative practitioners and social care practitioners.

## Key findings;

- Familiarity with the process and a sense of belonging developed within the group as the sessions progressed and participants became increasingly engaged and confident with the movement .
- The techniques used in the sessions, particularly working with reminiscence and embodied movement, encouraged the recall and expression of memories and allowed insights into the participants as the people they were and are. Interactions between members of the group increased but were not sustained outside the sessions
- The experience of the participants was very positive and there was some evidence from carers that this impact was sustained after the sessions
- Having a private, self contained space to run the group was a crucial part of its success as was the active involvement and support of the care staff and managers
- The methodology design was good although in a small pilot we were unable to include any audio visual recording and more visual feedback tools would have been useful.
- The collaborative partnership was key to the success and dementia who attended a local authority day centre in Brighton &

Research  
Findings

January 2012



## Background



Research Team