

A group of people, mostly older adults, are seated in a dance studio, participating in a class. In the foreground, a woman with dreadlocks, wearing a purple long-sleeved shirt and a blue wristband, is seated and has her arms raised high, looking upwards. Other participants in the background are also seated and have their arms raised in a similar pose. The studio has a light-colored floor and wooden ballet barres in the background.

Dance for PD®

A case study for how dance can transform the lives of people with Parkinson's

Video

From exercise
to dance.







“We in the arts world have done ourselves a disservice by making our performance the focus of attention.

There is as much to be learnt from the process that we use to create that performance.”

—John Michael Schert





think like
a dancer





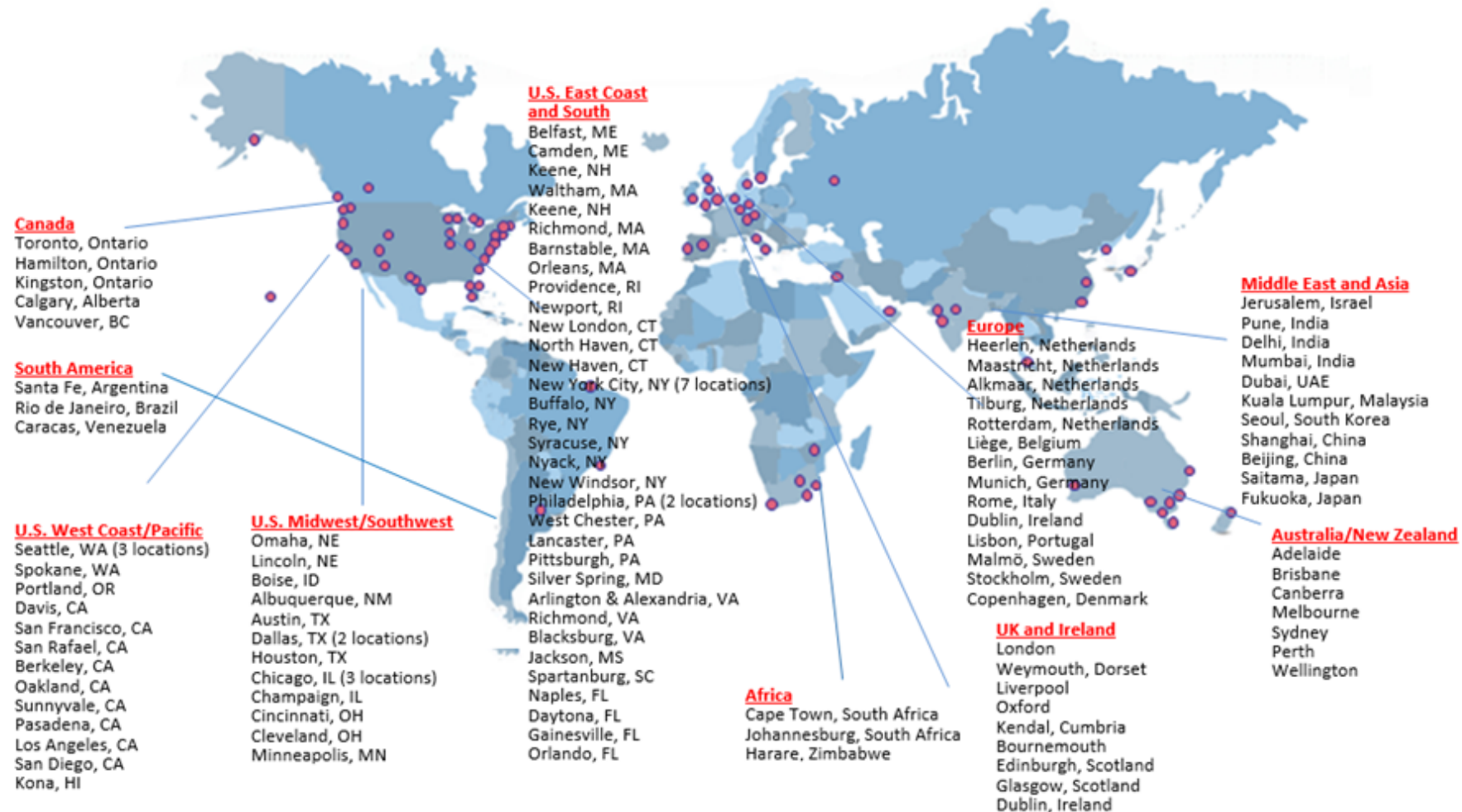
2001

DANCE *for* PD®

CLASSES | TRAINING | RESOURCES

A PROGRAM OF THE
MARK MORRIS DANCE GROUP

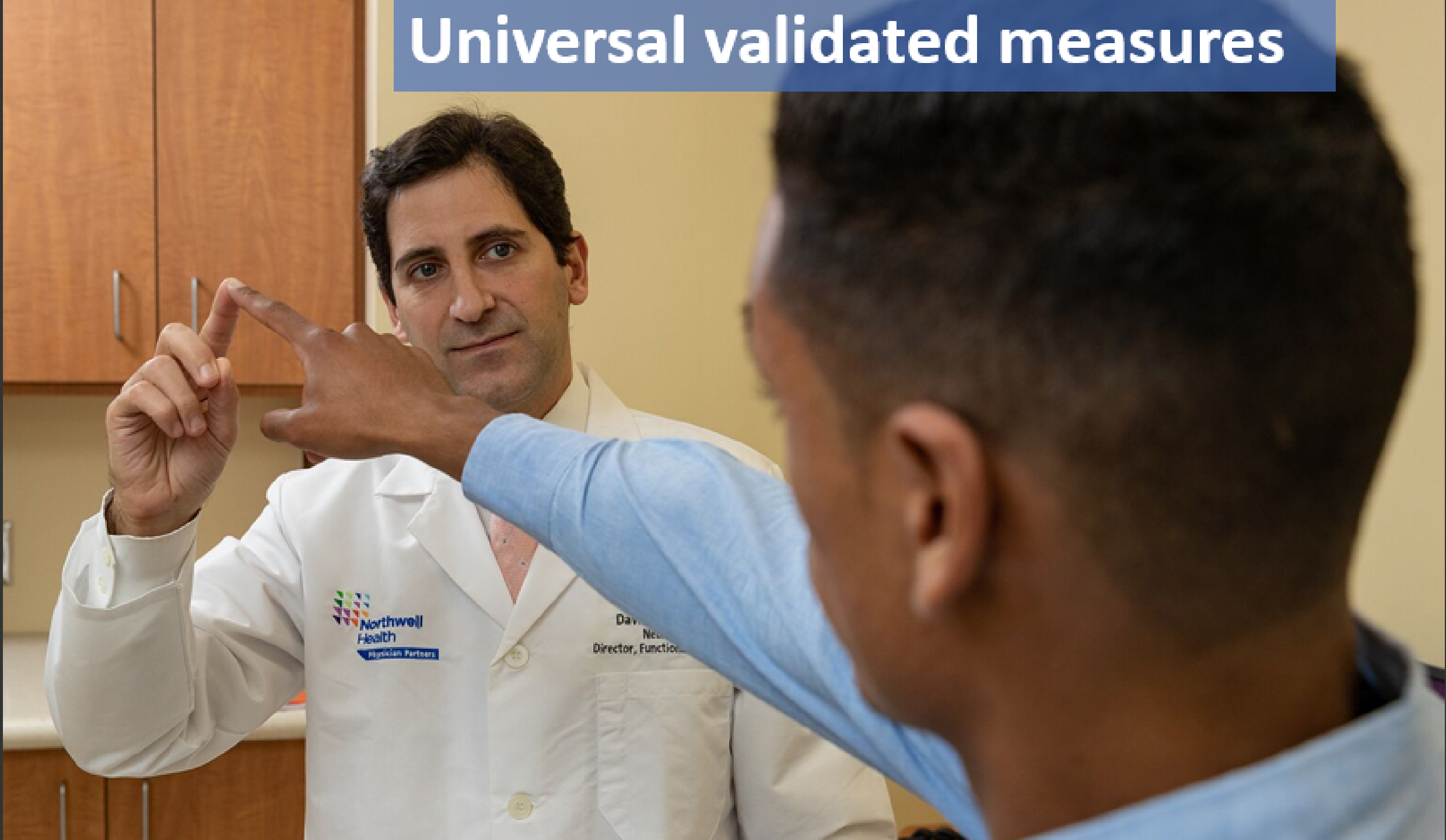
AFFILIATED CLASS LOCATIONS AROUND THE WORLD



Global training standards



Universal validated measures





Engaged community + time



Special relationship

PARKINSON'S DISEASE

Parkinson's disease is the result of lack of dopamine production in the brain.

SYMPTOMS MAY INCLUDE:



Tremors



Balance problems



Stiffness



Changes in speech, voice and swallowing



Slowness of movement



Trouble with handwriting

**Most people think of PD
as a movement disorder.**

Dancers focus on

Intention

Balance

Rhythm

Sequencing

Coordination

Walking + Turning

Stamina

Flexibility

Amplitude

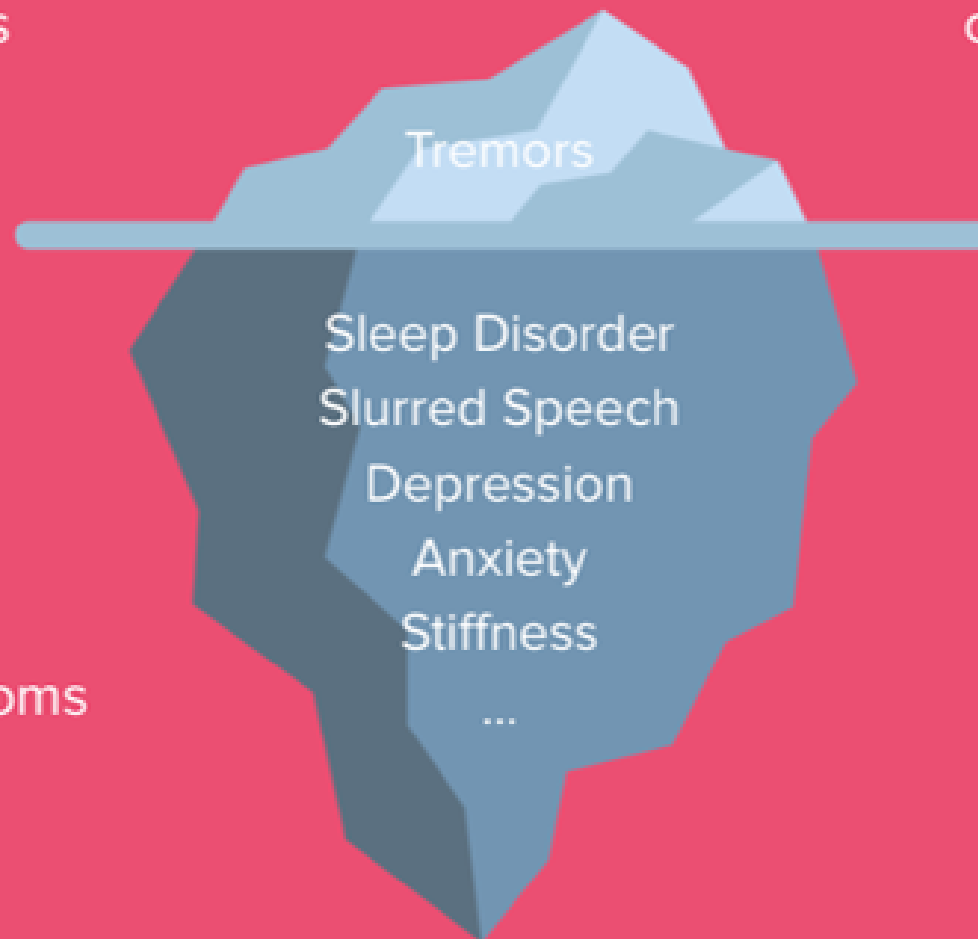
Shifting weight

We are movement experts!

The Parkinson's Iceberg

Visual
Motor Symptoms

Clinicians and Pharmaceuticals
often only see motor symptoms



Hidden
Non-motor Symptoms

No “complete picture” of an
individual's disease

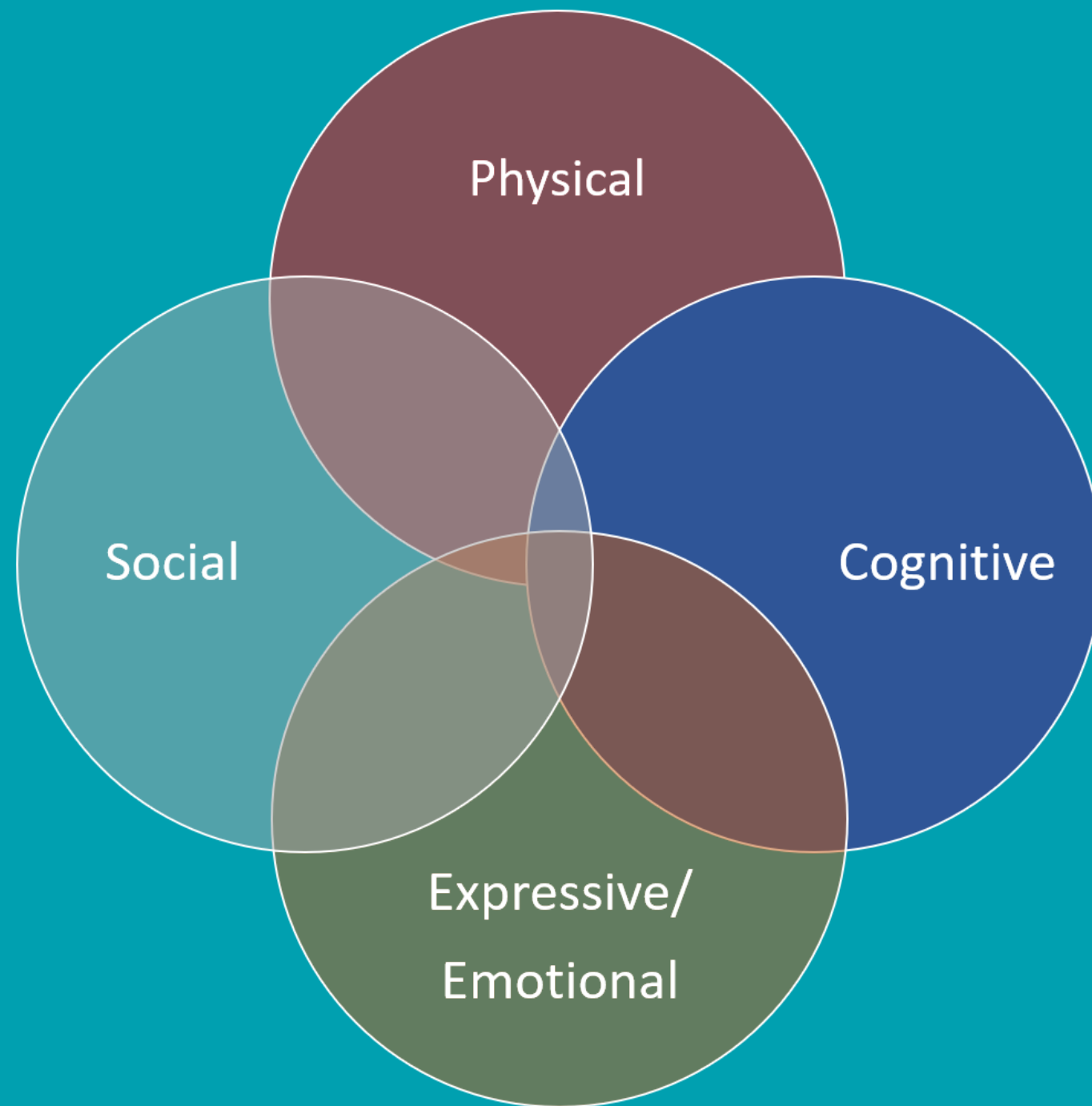




Social isolation
affects nearly
1 in 5 older adults.









Hope. When I'm in this class, I'm not a patient. I'm a dancer.



Belonging. This class has become my family and community. Otherwise, I'm alone.



Mood. Nothing makes me happier than dancing, even on my darkest days.



Balance. I love how stable I feel when I'm doing the choreography.



40 peer-reviewed articles (8 RCTs) in 24 journals report benefits related to gait, tremor, rigidity, mobility, balance, cognitive function, **quality of life**, **social inclusion**, **self-esteem** and **mood**.



Pune, India



Hrishikesh Pawar Centre of Contemporary Dance



Collaborators: Sancheti Clinic

Roll out: 9 months

Sent team to New York for
training in 2010

Three classes a week in Pune

Program expanding to
Mumbai and Delhi

Toronto, Canada



Canada's National Ballet School and Dancing with Parkinson's Canada



Collaborators: York University,
Parkinson Canada, Ontario Arts
Council

Roll out: 2 months

Initial training for research
project

Expanded to more than 18
classes/week throughout GTA

Foundation for \$1M grant from
Public Health Agency of Canada

Keys to growth and sustainability



Core values: Quality,
Accessibility, Inclusion,
Artistry



Engage across multiples
channels (and meet
people where they are)



Assess need, grow
slowly, build organically
(Jim Collins: Flywheel
Effect)



ABC - Always Be
Collaborating

Collaborate, collaborate, collaborate

Partnerships with tangible financial benefits



Partnerships providing intangible benefits





A Digital Lifeline



Pre-COVID



Network of 10 live classes a week in New York City. Classes range in size from 15-50. Premium settings (Mark Morris Dance Center, The Juilliard School, NYU)



100% live music



Close community - tight bonds and social connections form before, during and after class.



Generationally appropriate, low-tech

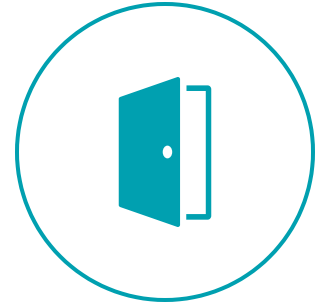
Pre-COVID Challenges



Travel is challenging for people with Parkinson's. Who's not coming because of access issues?



Majority of dancers coming to one class per week (with some exceptions).



Who's not in the room? What neighborhoods, communities, languages and backgrounds are not represented?

WORLD

THE WORLD IS
TEMPORARILY CLOSED



Video

Dance for PD At Home



Live classes on Zoom

Teaching artists with
occasional live music

30-200 participants per class

Global reach - 38 countries
represented

Dance, Singing, Meditation,
Yoga and Pilates



On Demand video

2,500-3,500 views per week

60,000 views since March

Studio recordings +
instructional films



Dance by Phone

Free call in North America

Activities include open-ended
prompts + music

Enrollment: unique participants

pre v. post on-site program suspension (numbers as of November 30, 2020)

Dance for PD flagship NYC

650

Dance for PD online

1,820



Online benefits



No travel is necessary. Classes and resources are available in your living room.



Majority of dancers coming to at least 2-3 classes a week. Many participate daily and supplement with on demand videos.



Available to anyone with digital access, in English and Spanish, to people in any neighborhood around the world.



Privacy

What's missing online?





What's the research telling us?

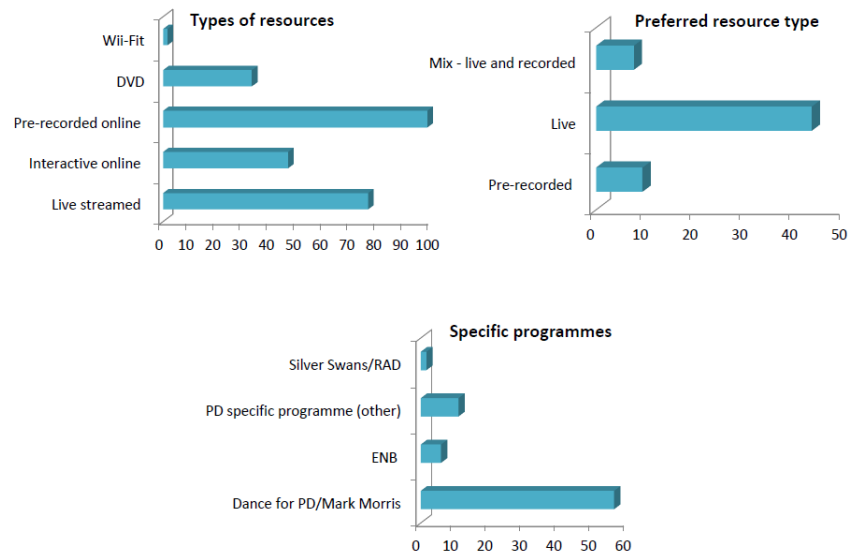


Dancing at home: Investigating the value of digital resources for dance as a therapeutic activity for healthy ageing and Parkinson's disease

Dr Judith Bek, Body Eyes and Movement (BEAM) lab, University of Manchester (UK)

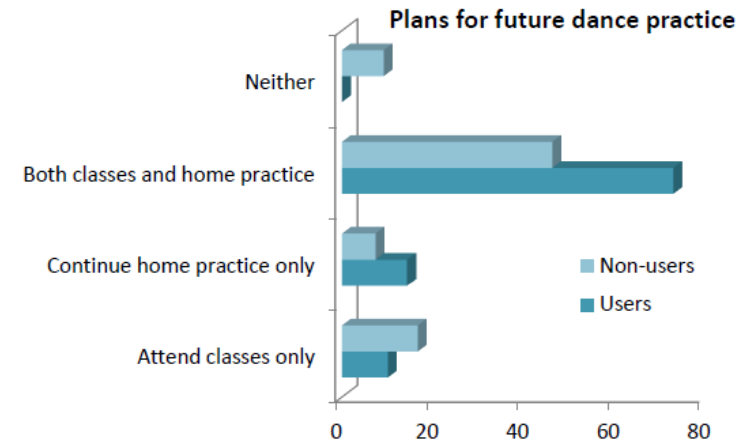
Based on 480 responses of older adults; approximately 50% with Parkinson's

Access and use



Preliminary results September 2020

Future provision



Video

Projected number of individuals with PD globally

Source: Global Burden of Disease Study, 1990 and 2015

1 1990 3 million

2 2015 6 million

3 2024 8.4 million

4 2035 11.3 million

5 2040 13 million

5 take-aways

1 10 year jump: Digital classes and resources are here to stay

2 Great benefits to programming live, online and by phone

3 Access, inclusion greatly increased in digital space

4 Teaching artists need training to be effective online

5 Dance organizations need to invest in technology




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 www.danceforpd.org

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OBRIGADO
EFHARISTO
THANKS
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TAK