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Dance for Children w/ Disabilities

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Dance for Children w/ Disabilities



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Background

- **76% of children and adolescents between 6 and 17 years of age are not meeting the recommended physical activity**
- **Availability of adaptive extracurricular activities are limited**
- **Dance can address sensorimotor, executive, and cognitive functions, to name a few.**

(Chatzihidiroglou et al., 2018; Cogswell et al., 2022; Österberg & Olsson, 2021; Zinelabidine et al., 2022).



Program Purpose

Create a Training Program

- Educate on pediatric disorders/diseases
- Promote the benefits of dance through the OT lens
- Educate how to implement adaptations/modifications
- Class setup

- An increase in dance instructor knowledge
=
- An increase adaptive dance classes



Guiding Theory

Canadian Model of Occupational Performance and Engagement (CMOP-E)

- Focuses on the interaction between occupation, performance, and the person.

Occupation-Centered Assessment with Children (OCAC)

- An approach that provides a holistic view of children and their occupational performance within their naturalist contexts

(Brown, 2010; Davis et al., 2017; Townsend, 2007)



Literature Review and Needs Assessment

Gaps in the Literature

- Socioeconomic factors
- Adaptive dance class availability
- Dance instructors with the knowledge and education about common pediatric disorders/diseases

Needs Assessment

- Instructors with a background in adaptive dance
- Funds from non-profits for discounted rates
- Instructors with the knowledge and education on common pediatric diseases/disorders

(Chatzihidiroglou et al., 2018; Chen et al., 2019; Gao et al., 2014; Swinford and Noerr, 2022)



Literature Review and Needs Assessment

Strengths

- Willingness to participate
- AMPED is a popular studio
- Networking

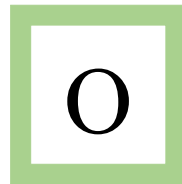


Weaknesses

- Community partnerships
- Grants/non-profit funding

Opportunities

- Increasing the amount of adaptive dance classes
- New classes offered at AMPED
- Education for dance instructors



Threats

- Socioeconomic factors
- Advertisement/promotion

(Dos Santos et al., 2021)



Outcomes



Video presentation



Social-media video

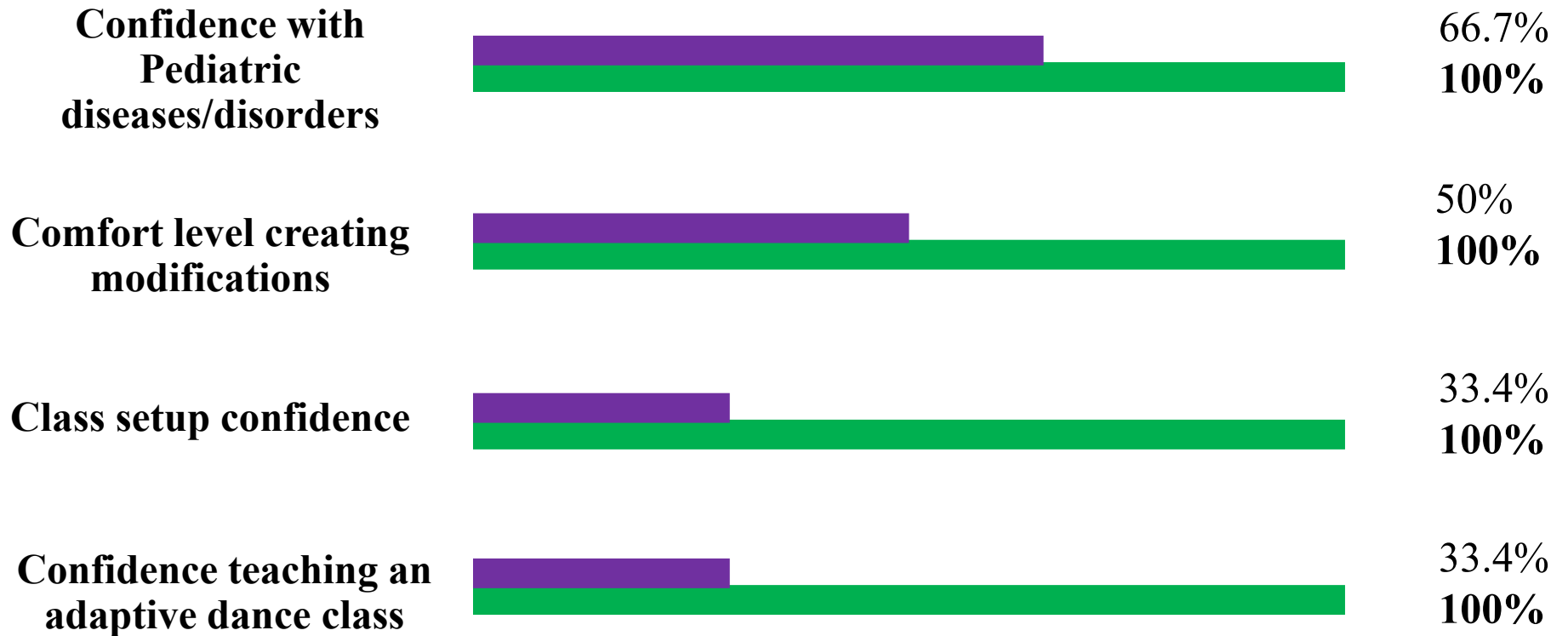


Training Manual



Discussion

Confidence Levels



Impact



Personal

- Opportunities to combine my different backgrounds
- Create a project that I've been passionate about



Community Site

- The ability to apply the OT lens with dance
- Provide a training that could be used by dance instructors



OT Profession

- Awareness of OT services
- Sharing and educating on the importance of overall movement despite obstacles and limitations
- Call to action for further research



Future Implications

**Further research of the
benefits of dance**

Non-Profit Funding

CEU Course

In-person Trainings

**OT intervention
implementation**



Acknowledgements



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