

Dance and Movement as a tool-education

- Memorynurse
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- Finnish Dementia
Association
- MuistiLuotsi at
Karpalokoti
- Finland





Dance and Movement as a tool-education

- put into practice by Summer University of Pohjois-Pohjanmaa
- professional complementary education
- for adults, who have achieved a basic examination



Dance and Movement as a tool-education

- based on a scientific study
- Finnish Dementia Association. Karpalokoti, a rehabilitation and study unit of dementia 2000-2003
- positive effects in communication; the number of information units in narrative speech grew
- sociality in group multiplied

Dance and Movement as a tool-education

- targeted for staff working with clients with memory disorders
- an opportunity for clients to express themselves through their bodies
- to bring new experiences, joy and content to the every day lives of the clients
- as a resource to staff





Dance and Movement as a tool-education

- prosessive by nature
- includes exercises; trough them you get acquainted to the body and dance
- lectures
- group conversations and working in group
- written exercises



Dance and Movement as a tool-education

- entire extent 25 academic credits
- 1 credit is equalent to about 27 hours of work
- 3 main parts, divided into eight terms
- each term includes 16 lessons of theory and excercises
- it takes about 1 year
- teachers are dance-, movement- and musictherapists, doctors specialised in memory disorders and trained nurses directing dance movemet groups