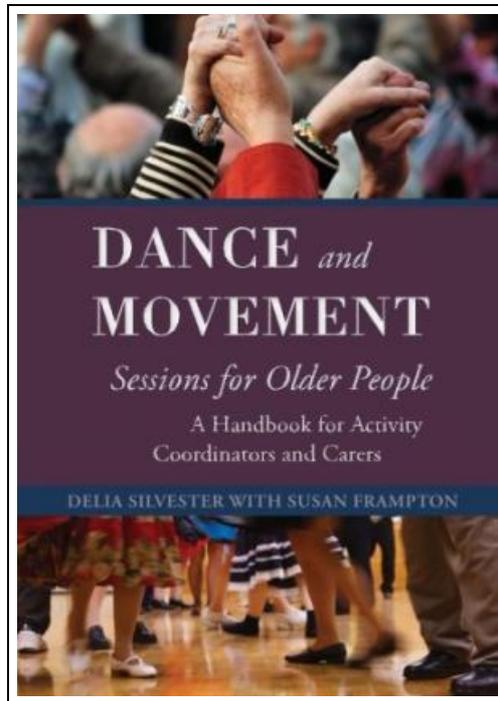


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Reviews

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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. This practical handbook will empower activity coordinators and carers to run safe, rewarding and health-giving dance and movement sessions with older people, including with those who are frail, who have limited mobility or who are living with dementia. The authors describe the many benefits of dance and movement for older people, and address important practical considerations such as carrying out risk assessments, safety issues, adaptations for specific health conditions and disabilities and how to select appropriate props and music. Step-by-step instructions for 20 dances and movements drawn from a wide range of eras, cultures and traditions are then provided. Ranging from Can Can and Charleston to hand jive, morris dancing, sea shanties and traditional hymns with movements, there is something to suit every mood and occasion. This is an essential resource for activity coordinators and carers working with older people in care homes and day centres.



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