



Strictly Come Dancing with Parkinson's: a regional health service – community research initiative translating evidence into practice.

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Who

- People with Parkinson's were invited to attend a weekly dance group with morning tea.
- Albury Wodonga Health Allied Health Staff and Murray Youth Performing Arts (Dance School) collaborated to establish dance classes locally.
- Funded by a grant from Sate Trustees.

What

- A sustainable community dance class in a regional setting.
- Community based exercise that meets the needs of People with Parkinson's, Carers and Dance Teachers.
- Opportunity for enjoyable movement and socialisation for all disease stages.

Why

- Local community interest in setting up a Parkinson's dance class.
- To promote health and wellbeing and support self-management of Parkinson's disease in a regional setting.
- Inspired by information resource developed by Shanahan, J., Bhriain, ON., Morris, M., Volpe, D., Clifford AM., (2016).

Research Translation

Education package was delivered to dance teachers based on Shanahan and Morris' work.



Regional dance class established and focus groups conducted to examine impact.

Overall Findings

- Success of the intervention was perceived as: providing an opportunity for "connectedness" and "enjoyable movement" outside of the traditional hospital setting.
- Increased perceptions of improved movement and sleep.
- Collaboration with health service is effective in providing dance teachers with necessary skills.
- "Happy music", mirroring, repetition and the use of storey lines were identified as most successful elements of classes.
- Inclusiveness of all stages of disease is important to People with Parkinson's.

