

The effects of dance on seniors and the elderly*

Dawna Dryhorub, Düsseldorf, DE

Dance is a multifaceted activity. It not only addresses physical fitness through its unique combination of properties, but creates an environment for social contact, and gives seniors the opportunity to develop imagination, coordination, creativity, and cognition, which are crucial steps to healthy living and better functional health. "This unique combination of properties makes dance a potentially powerful interventional approach" (Kattenstroth, Kalisch, Holt, Tegenthoff, & Dinse, 2013, p. 2). Therefore, the aim of this review was to summarise the effects dance can have on health and functional ability of both healthy seniors and/or elderly suffering from illness.

The review showed that dance-based interventions can positively affect seniors in remaining healthy into their twilight years, or helping them to recover from illness or regain, to some degree, more independence, which will ultimately improve their quality of life.

*This abstract is based on a Literary Review that was written as part of the MAS Dance Science course at the University of Bern in cooperation with tamed.

References

Kattenstroth, J.-C., Kalisch, T., Holt, S., Tegenthoff, M., & Dinse, H. (2013). Six months of dance intervention enhances postural, sensorimotor, and cognitive performance in elderly without affecting cardio-respiratory functions. *Front Aging Neurosci*, 5(5). doi:10.3389/fnagi.2013.00005

Kurzbiografie des ersten Autors: Dawna Dryhorub graduated from "The School of the Toronto Dance Theatre" in Canada. She worked many years as a Guest Lecturer at the 'Folkwang University of the Arts' in Essen and is a permanent teacher in tanzhaus nrw. She has recently started a dance program for people with Parkinson's and MS. She has been an MAS student in dance science since 2017.

Eileen M. Wanke arbeitet an der Goethe-Universität Frankfurt am Main. Ihr Forschungsinteresse gilt der Prävention im und durch Tanz. Eileen M. Wanke works at Goethe-Universität Frankfurt/Main. Her research interests include prevention in and through dance.