

KEY TAKEAWAY POINTS

Adaptation and Safety



PREPARE TO MODIFY

Scaffolding activities

Come prepared with ideas for each dance activity to meet the needs of individuals regardless of ability or functional level.

HAVE ASSISTANCE

Utilize volunteers to address safety concerns

Especially when running a group, it is useful to have another pair of eyes and helping hands, such as a caregiver, volunteer, or OT fieldwork student available to assist with safety during movements and transitions.

BE INCLUSIVE AND ENGAGING

Motivate individuals to participate

Some individuals might be more reserved or lack confidence in their dance ability, and might be reticent to engage in dance activities. Try to find out their favorite music and dance styles in order to encourage participation.

ADHERE TO PRECAUTIONS

Safety is key

Be sure to adhere to any precautions and contraindications when working with individuals. For example, if the individual is prone to seizures, avoid dance activities that involve turns and spins.

