New Perspectives: An Adaptive Dance Program

“Dance should be accessible to anyone and everyone”
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Mission and Vision of The Nashville Ballet

“Nashville Ballet creates, performs, teaches and promotes dance as an essential and inspiring element of our community.”
To be an accessible and inclusive organization that creates community through excellent and innovative dance and dance education.

Mission and Vision of Vanderbilt Pediatric Rehabilitation

“To provide the greatest opportunity for improvement and independence through high quality medical care, safe environment and community resources”.
To serve as a resource that is responsive to the needs of the community.

Needs of Agencies

Most children that receive therapeutic services miss opportunities to interact with peers in various organized extracurricular activities. Per therapists’ report, parents often ask for different opportunities, outside of therapy, that their child can safely participate in. Vanderbilt was eager to support this program, as they frequently promote inclusive, adaptive activities that reinforce therapeutic goals and increase social interactions for their clients.

One of Nashville Ballet’s goals for 2017-2018 was to create significant impact and engagement within the community by bringing arts education programming designed to break down potential barriers and uphold the arts as a part of a well-rounded learning ecosystem.

Goals of Program

1. Provide children, who receive therapeutic services an opportunity to learn about dance in an adaptive setting that is catered to their level of ability, in a traditional studio environment.
2. Promote inclusion and increase social participation through facilitating interactions and developing general social skills.
3. Provide an affordable, accessible activity for parents to enroll their child in that allows them to participate in a dance class and ensure a safe and enjoyable experience.

Outcomes

We have seen the need and the benefit of utilizing community resources to facilitate an inclusive and accessible environment for everyone.

We will officially launch the program at The Nashville Ballet this Fall!

Parent Testimonies

“We have been searching for a class for several years… she has fun and doesn’t even realize what a great workout she is getting.”

“Our family is so grateful for this opportunity to fulfill a passion with friends and teachers who understand limitations that most do not.”

“You have shown to all of the children that no matter their limitations that they can participate and have fun… I believe programs like this are vital to our children and community.”

Research

“We have been searching for a class for several years… she has fun and doesn’t even realize what a great workout she is getting.”

“Participation in activities is the context in which people form friendships, develop skills and competencies, express creativity, achieve mental and physical health, and determine meaning and purpose in life” (Murphy & Carbone, 2012).

“From an occupational therapy perspective, physical exercise programs have been also suggested as an effective occupation-based intervention… For instance, dance activities, as a form of physical exercise, have been suggested to promote occupational well-being in the context of occupational therapy” (Chen et al., 2016).

References


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