



BUILDING HEALTHY COMMUNITIES FOR EVERYONE

**2011 DISABILITY and
HEALTH PARTNERS MEETING**

June 14 - 16, 2011





- INTRODUCTION

- ADF teaches people with and without ambulatory disabilities to partner dance
 - enhances physical fitness: e.g. posture, coordination
 - enhances mental fitness: e.g. memory, energy
 - creates a venue for social interaction between able-bodied and disabled worlds





- **INTRODUCTION (cont.)**
 - ADF's Wheel One™ Dance Syllabus
 - adapted directly from able-bodied dance manuals
 - works for everyone
 - move their own wheelchair
 - can follow direction
 - works for manual or power wheelchairs





- ADF Community Outreach

- Instruction

- hospital/therapy, educational institutions

- Performances

- everyone

- Certification

- therapists, dance professionals

- Awareness

- general public, government agencies





- ADF Current Initiatives

- Social Dance Programs
 - hospital/therapy, educational institutions, veterans
- Certification Programs
 - therapists, dance teachers
- Scientific Studies
 - university, veteran rehabilitation
- Awareness
 - presentations





- ADF Current Initiatives (cont.)
 - “So You Think You Can’t Dance”
 - Veterans’ program
 - Funded by Christopher and Dana Reeve Foundation





- How do we measure success?
 - Proof of improved physical/psychological performance
 - for both people with disabilities and those without
 - ADF program used as incentive
 - Competitions and performance work
 - Evidence of improved social interaction
 - Participant retention





- What are our future evaluations?
 - University study to compare
 - partner dance to standard exercise
 - Government study to measure
 - psychosocial/physical benefits of partner dance





- **Collaboration of State Disability and State Grantee?**

- Recognize as a sport/recreational activity
- Recognize as psychological and physical therapy
- Insurance reimbursable
- Fund associated programs





- How can YOU help?
 - B - E - S - T
 - BELIEVE
 - EMBRACE
 - SPONSOR
 - TRY IT!





American DanceWheels Foundation

Partner Wheelchair Dancing: A Healing Art

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American DanceWheels Foundation
Wheelchair Ballroom and Latin Dance Program
www.americandancewheels.org

Questions?

