



The Dance Ability Movement

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Occupational Therapy!



by Mallory & Jade Ryan

"Occupational therapy is the *art and science* of **enabling engagement in everyday living**, through occupation; of **enabling people to perform the occupations** that **foster health and well-being**; and of enabling a **just and inclusive society** so that all people may **participate to their potential** in the daily occupations of life" (Townsend & Polatajko, 2007)

As **Occupational Therapists** we address *leisure* occupations too! We strive to promote inclusivity in the community; it is our goal to enable individuals of all abilities to participate in the meaningful occupation of **Dance!** The opportunities are endless; Dancers can learn new skills, meet new people, express themselves, develop confidence, and take the stage!

How do we do this?

Our OT Enablement Skills

- **Advocate** for students of all abilities within dance studios
- **Consult** with key players, parent advocates & other therapists to develop program
- **Design** class structure, choreography, & costuming using client-centered values
- **Coordinate** volunteer buddies for each dancer
- **Engage** students through individualized strength-based approach
- **Collaborate** with families!!
- **Coach** a team of volunteers to develop skills facilitating participation of every dancer
- **Adapt** dance class to provide appropriate level of challenge for each student
- **Educate** others to promote inclusivity & social change



Defining OCCUPATION

"Occupational therapists define an occupation as much more than a chosen career. Occupation refers to **everything that people do** during the course of everyday life. Each of us have many occupations that are essential to our **health and well-being**. Occupational therapists believe that occupations describe **who you are and how you feel about yourself**. A child, for example, might have occupations as a student, a playmate, a **dancer** and a table-setter." (www.caot.ca)

