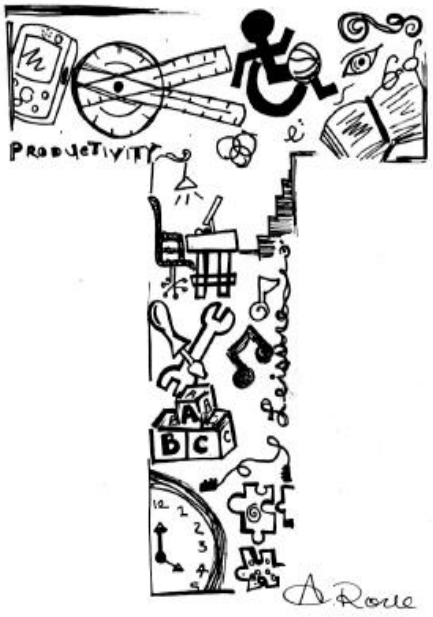

The Dance Ability Movement

WWW.DANCEABILITYMOVEMENT.COM * CONTACT@DANCEABILITYMOVEMENT.COM

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)