

Abstract:

Dissertation title: Dancing and movement programme for seniors with specific needs.

Dissertation objectives: The aim of the Dissertation is A) within the framework of a prospective study, to assess the dancing therapy influence on mobility, self-sufficiency, cognitive state, consumption of psycho-pharmaceutical drugs, depressiveness and quality of life of seniors in institutions.

If a significant positive effect is proven, then B) to create an easy-to-implement dancing and movement programme for seniors in institutions with a special regard to seniors suffering of dementia and wheelchair-bound seniors who account for 60%-70% of inhabitants of old people's homes. Besides this, also to verify its efficiency on the health condition of seniors, improvement of quality of life, reduction of healthcare consumption, as well as on improvement of communication between clients and treatment staff.

Method: A) The three-year prospective randomised controlled study made use of the method of quantitative and qualitative research. It was using the technique of analysis of questionnaire surveys (both ex-ante and ex-post) of intervention, comparison of development in the intervened and control groups, making of video records and their analysis, semi-structured interviews.

B) Altogether 3 descriptive methodological materials were created (dancing and movement programme for seniors with dementia and wheelchair-bound seniors, methodology of how to create a dancing performance of seniors). These intervention programmes were verified in practice, through an analysis of video records, observation and casuistry approach.

Results: A) It implies from the research that a dancing therapy is perceived as a beneficial non-pharmacological activation method, provably improving functional condition of seniors (fitness, balance and related reduction of risks of falls, decrease in depressiveness). The qualitative investigation proved a positive relation to the dancing therapy for seniors as well as staff members of old people's homes.

B) All intervention programmes proved an unreserved positive effect for seniors, professional nurses as well as for the general public.

Key words: movement activity, dance therapy, seniors, dementia, wheelchair, quality of life