

Wanna Dance?

Family Member/Carer Information sheet

Hi,

My name is **Jane**.



I am a dancer from Cheshire Dance and will be visiting Canal Street and Lightfoot Lodge over the next year. I am visiting these centres because I am interested in finding out how people with Profound Intellectual and Multiple Disabilities (PIMD) might like to dance. I will invite individuals with PIMD to dance with me for a short time each week for 10 weeks.

My name is **Ruth**.



I am a dancer who sometimes works in a university. I will be helping Jane gather information from this project to help us learn how people with PIMD like to dance. We will share what we learn with others. I will visit the dance sessions with Jane. I will watch and write down what I see.

Please have a look at this leaflet which tells you about this project.

What is the WannaDance project about?

This project is a partnership between Vivo Care Choices and Cheshire Dance.

It aims to:

- Find out how people with PIMD might like to dance.
- Develop best practice for dancing with people with PIMD.
- Explore how a Dance Artist-in-Residence might enhance Vivo Care Choices' services.
- Encourage staff to develop their skills and confidence in facilitating dance.

How will I be involved?

You are the carer or family member of someone with PIMD who is being invited to dance with Jane as part of the WannaDance project.

We want to keep you informed about the project and share with you what we learn about if, and how your family member/person you care for likes to dance.

What do we mean by 'dance'?

When dancing with someone with PIMD we will:

- Meet each person in the moment and respond to their unique movements.
- Explore communication and connection beyond words.
- Notice, value and celebrate all movement, no matter how small.

You may see us using:

- Touch
- Sensory objects
- Music

What will happen during the project?

- 1. Jane will visit Lightfoot Lodge and Canal Street on a Monday for the next year.**
- 2. Jane will spend time getting to know your family member/person you care for. She will want to:**
 - Learn what they like or don't like.**
 - Know how they communicate that they are well or unwell**
 - Know how they communicate if they are enjoying or not enjoying something.**
- 3. Jane will arrange a weekly one to one dance session time with your family member/person you care for.**
- 4. Your family member/person you care for and Jane will explore dancing together for approximately 15 - 20 min each session for up to 10 weeks.**
- 5. Jane will respond to verbal and non-verbal signals from your family member/person you care for to stop or change the dancing.**
- 6. If they repeatedly communicate that they don't want to dance, then we will review their participation in the project with key staff and carers.**
- 7. After each session, Jane will make a written record of what happened.**
- 8. The sessions will be filmed.**

What should I do if I have any questions or concerns during the project?

If you have any concerns speak to Jane, either in person on Mondays at Canal Street/Lightfoot Lodge, or email jane.mclean@cheshiredance.org

Alternatively, speak to the PIMD Lead in your centre who is leading on the WannaDance Project.

What will happen to the written records of the sessions?

The written records will be used to help us learn how best to dance with your family member/person you care for.

The written records will also be used to help us develop best practice for dancing with people with PIMD. We will share this through written reports and articles.

We will anonymise any information we share.

What will happen to the session videos?

We would like to share footage of the dance sessions with participants, Vivo Care Choices staff and if requested, yourselves as participants' families/carers.

If you would like to see footage of your family member/person you care for dancing in the sessions then please contact Jane on jane.mclean@cheshiredance.org



If you have any questions about WannaDance, please ask either:

Jane: Jane.mclean@cheshiredance.org

Ruth: rmspencer2@uclan.ac.uk



Thank you for reading about this project 😊