Using Dance Therapy for Alzheimer’s Disease

by AMY MANLEY

Dance Therapy

Dance is considered a form of art that offers a wide-variety of benefits. While some people partake in dance routines to satisfy their passion, others use dance to help assist with different health conditions. One condition that can be treated through dance therapy is Alzheimer’s, and many people are surprised to learn how beneficial this practice actually is. People all over the world have started using dance therapy to control their Alzheimer's, and by learning more about this therapy method, you can decide if it’s the right choice for your needs.

Anyone can dance

One of the main reasons why people with Alzheimer's don’t take part in dance therapy is because they think it’ll be too complicated for them. The good news is that there’s several different ways to dance, and anyone can take part in this activity. Some people partake in dance therapy by doing a shuffle, while others stay within their wheelchairs, stretching out their legs or using their arms to perform a unique and exciting dance exercise. Anywhere from 30-45 minutes each day offers the stimulation you need to offer benefits for your Alzheimer's.

Why dance therapy helps Alzheimer's

There are several reasons as to why dance therapy helps Alzheimer's, but the main reason is the effect it has on the memory. While there’s no cure for Alzheimer's, stimulating specific areas of the brain has shown to improve the symptoms, and keep Alzheimer's from progressing.

Both the music and dance routine used in dance therapy offers the right brain stimulation for patients with Alzheimer's. What you hear, see, and do during dance helps enhance the memory, and offers brain stimulation that is clinically proven to help Alzheimer's progression. You not only hear the music and dance to the beat, but you see others taking part in the routine which offers visual stimulation for the brain. Additionally, when you have fun you bring back memories from your younger years which can help improve your long-term memory.

Music in dance

Music alone offers a great deal of beneficial therapy. The power of music is known throughout the world, and several studies have offered insight on the benefits it offers to the brain. Music is also a cognitive enhancer, which is an important area of the brain that needs stimulation to prevent the progression of Alzheimer's. Music also reaches an emotional area of the brain, as people remember music from their past, connect with new tunes, and relate to music in a way that they’re unable to relate to anything else.

Conclusion

Dance therapy not only helps prevent the progression of Alzheimer's, but it offers a way to enjoy day-to-day living.

According to experts, the emotional enhancement offered through dance therapy is very importance as your visual and verbal memory starts to deteriorate. Using the art of dance can help awaken new responses, improve mood, enhance memory, and help you to better express your emotions associated with brain changes from Alzheimer's. Even if you’re new to dance, picking up this activity can be easy and exciting.