

ABOUT THE TRAINER

The ARTS FISSION Company, is a professional dance company with many years of experience implementing creative movement programmes for the elderly. In addition to their work in the health and social care sectors, they are also a major arts company who have presented over 84 full-length productions locally and internationally in their 20 -year career. The Company's Artistic Director is Cultural Medallion recipient (2009), Angela Liong, an active practicing choreographer with a large body of cross-discipline works.

Training sessions for the "Everyday Waltzes for Active Ageing" programme will be led by Edwin Wee, The ARTS FISSION Company's rehearsal director, and their team of dancers. Edwin is an active, experienced performer in the dance community, having performed in local and international productions and worked alongside many well-known choreographers. He is also experienced in working with the elderly, having facilitated the "Everyday Waltzes" programme since 2010. He has also choreographed an intergenerational performance production featuring elderly performers with a full Orchestra at the Esplanade Concert Hall in 2013.



For any enquiries, please contact:

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"Ling Kwang Home is using creative dancing in festive celebrations where clients and residents perform. Clients and residents enjoy doing creative dancing."

~Ling Kwang Home for Senior Citizens

"I found the activities to be very interesting. We learnt different ways of stimulating movements in a fun and creative way. The instructors were very engaging and they made the training session very enjoyable."

~SPD

Wellness Programme

Creative Movement -

Everyday Waltzes for Active Ageing

One of the domains of the Enhanced Nursing Home Standards is on Psychosocial Care. Improve this aspect of care in your nursing home by taking part in this new training programme!

WHAT IS “EVERYDAY WALTZES”?

This programme aims to help elderly clients (**Category 3 RAF**) to connect everyday actions into creative movements to enhance their mobility, sensory experience and imagination.

Led by the professional team from The ARTS FISSION Company, this programme will equip healthcare staff with facilitation skills and content to run a movement programme for 12 weeks using the “Everyday Waltzes” curriculum. This curriculum:

- Explores alternative movement activity that can enhance recreational/physiotherapy sessions
- Facilitates social interaction and mind-body connection to improve seniors’ wellbeing and quality of life

OUTLINE OF PROGRAMME

Through **four workshop sessions (2 hours per session)**, healthcare staff will be equipped with:

- Basic facilitation skills
- Conditioning and stretching exercises for core strength and muscle lengthening, expansion of clients’ motion range, stability and fluidity
- Skills to develop everyday gestures into creative movement
- Skills to conduct “Everyday Waltzes” (12-week curriculum)
- Experience facilitating creative movement sessions

Two coaching sessions (3 hours each) will be organised after the workshop to address any questions that participants may have or to provide suggestions after they have rolled out the programme in their care facility.

Total number of training hours: 14 hours

In addition, participants will also receive a **training manual (containing the 12-week curriculum)**, a **training DVD**, and

music to carry out the sessions in their care facility.

TARGET AUDIENCE

Staff of Community Care facilities. Priority will be given to nursing home staff and those who care for **Category 3 RAF** clients. Participants should preferably be comfortable conducting group activities and able to give instructions in simple English.

COURSE FEES

For healthcare VWOs and private nursing homes with

S’poreans and SPRs: \$84.13 per pax
Non-S’poreans and Non-SPRs: \$429.00 per pax

portable subsidies under MOH:

Any other organisations (full fees): \$773.88 per pax

Each facility should send a **minimum** of 2 staff to ensure programme sustainability within the care facility.

DATES, TIME & VENUE

Workshop Sessions - Run 4

8 May 2017	2 - 4 PM	AIC Learning Institute
15 May 2017	2 - 4 PM	Villa Francis Home for the Aged
23 May 2017	2 - 4 PM	AIC Learning Institute
29 May 2017	2 - 4 PM	Villa Francis Home for the Aged

Coaching Sessions

19 Jun 2017 and 10 July 2017, 2 - 5 PM, AIC Learning Institute

AIC Learning Institute Address:
180 Kitchener Road, #06-05/06, S’pore 208539

Villa Francis Home for the Aged Address:
91 Yishun Central Singapore 768829

** Pls note that the above-mentioned venues may change*