



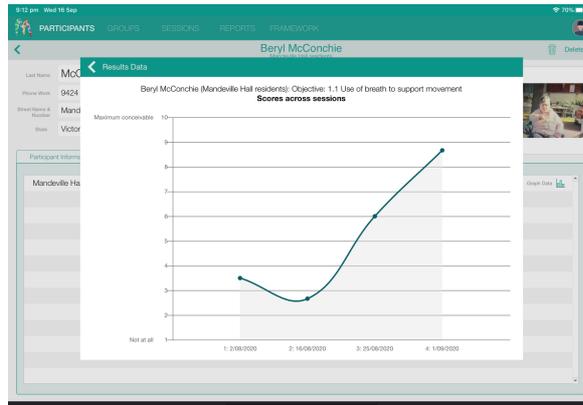
Dance movement therapy progress report

Participant name	Beryl McConchie
Group name	Mandeville Hall residents
Reporting period	30/09/2020-2/08/2020
Attendance rate	75%

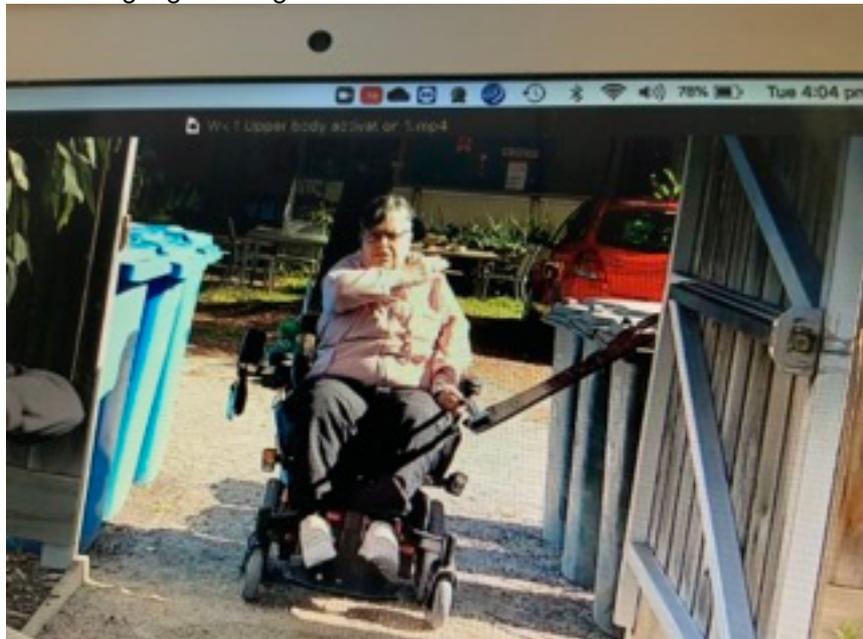
Program goals	<p>NDIS (National Disability Insurance Scheme) OUTCOMES:</p> <ol style="list-style-type: none"> 1. Health and well-being 2. Daily living 3. Lifelong learning 4. Relationships
Dance movement therapy objectives for this period	<p>Addressing 1. <i>Health and wellbeing:</i> Physical domain: Body parts: awareness, activation, connection</p> <p>Addressing 2. <i>Lifelong learning:</i> Cultural domain: Creativity and aesthetic sense</p> <p>Addressing 1. <i>Health and well-being</i> Emotional domain: Emotional expression</p> <p>Addressing 4. <i>Relationships:</i> Social domain: Expressive (including verbal & vocal) communication</p>
Dance movement therapy activities	<p>In this series of five sessions, the focus has been on activities to bring awareness to and activation of Beryl's upper body, particularly arms, hands and feet. Her cerebral palsy (left hemiplegia) and the aging process, combined with being almost permanently in the electric wheelchair causes her left side to gradually atrophy.</p> <p>Creative expression in activities is prioritised to increase motivation and enjoyment, to develop Beryl's creativity and learning. Social connection through activities that are shared and enjoyed together with the therapists are prioritised particularly during this period where Mandeville residents have very limited social interaction because of Covid.</p>

PROGRESS SUMMARY

Objective 1	<p>Some moments captured in the sessions:</p> <p><i>Physical domain: Body parts: awareness, activation, connection</i> Use of breath to support movement After the initial breath awareness activity within introduce the use of breath to support upper body movement and here we see Beryl lifting with the breath of her arms both her right where she's got movement range, and on the left where there's often little movement</p>
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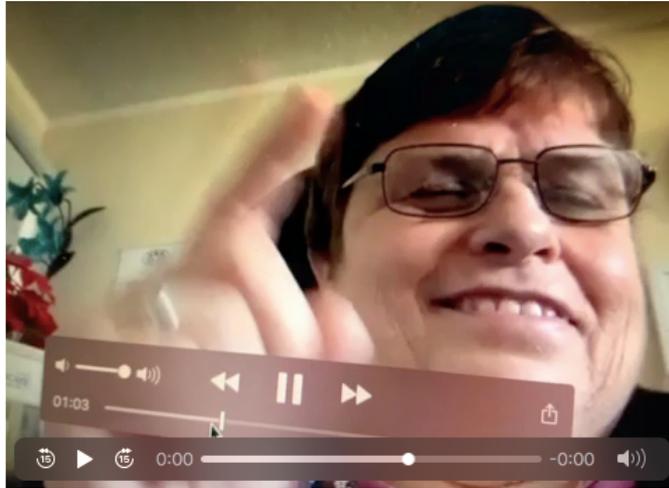
OBJECTIVE: 1.1.2 Activation upper, lower body
 Beryl indicates good cross body activation here with her right arm
 Evidencing a good range of movement



Objective 2

Cultural domain: Creativity and aesthetic sense

OBJECTIVE: 2.1.1 Creativity expressed
Beryl was happy to take creative leadership and create her own movement using her finger to make a circle



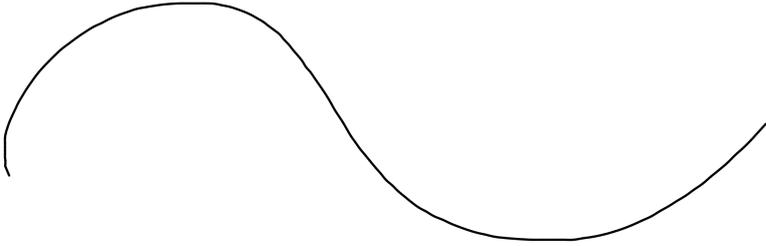
OBJECTIVE: 2.1.1 Creativity expressed
Beryl responded with this movement when invited to create her own move to express opening across the body

OBJECTIVE: 1.5.5 Release physical tension
in this moment I also observe a beautiful release of physical tension, across Beryl's chest, across her arms and in her face

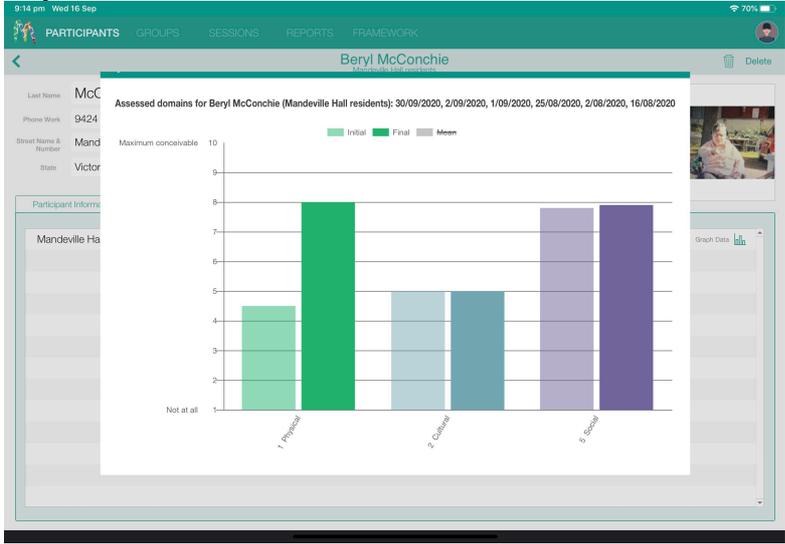


Objective 4

Social domain: Expressive (including verbal & vocal) communication
OBJECTIVE: 5.3.3 Emotional connection with others
Here we see strong connection from Beryl with therapist Kim

	
Participant response	<p>OBJECTIVE: 1.1.3 Activation left, right hemispheres</p> <p>Beryl's drawing of the flow of movements from her right to left side shows her understanding of the relationship and flowing connection between both body sides, which my help her achieve progress towards this.</p> 

Recommendations for future objective setting	<p>My recommendation is that Beryl continues her dance movement therapy program, focussing on body parts' activation and connection, particularly activating and enabling the left side of her body that is less accessible for Beryl. A development for next series would be activities that advance mobility of left leg and foot, and mobility and balance, perhaps through some out-of-chair work.</p> <p>Beryl enjoys opportunities for creative expression and this would be a good motivating objective to be considering in planning, particularly during times of the Covid lockdown, when she is confined to her home residence and unable to engage in her regular active program of recreational artistic activities. Opportunities for Beryl to explore emotional expression through movement might be very helpful at this time too.</p>
Recommendations for additional support from, or referral to other services	<p>Beryl is anxious to return to her other valued programs of art, drama and sport but unfortunately she is unable to in this period. The dance movement therapy program is the only activity delivered online and is therefore most significant at this time. Beryl welcomes the opportunity to continue participation, as likewise the dance movement therapist welcomes the opportunity to work with Beryl.</p>
Recommendations for 'homework'	<p>We recommend that Beryl be encouraged to work on activation of arm, hand and finger on both sides, with particular focus on the left side, at least daily. This might include: lifting of elbow, elbow movement</p>

	<p>forward and back; fingers opening one by one and activating, making as many different movements as possible. Support from staff to ease the fingers of her left hand open one by one and gentle stretch of palm to open position would also be very helpful, especially while the DM therapist is unable to attend in person.</p>
<p>Summary</p>	<p>Over these five weeks of one-on-one work with the dance therapist, Beryl has made significant progress, particularly in terms of her attention to an activation of her left side, which had been atrophying without any activity or any active support to engage her left arm, activate her left fingers and hand and move her left leg. The graph below of therapist's scores shows strong improvement of objectives in the physical domain and maintenance of early scores in others, with especially high scores in the social domain, reflecting Beryl's strong sociability that she is keen to express.</p> <p>Beryl wishes to continue with the program, seeing value for herself and being highly motivated to continue and advance her work, particularly on body parts activation and connection. We recommend that Beryl is funded for a further 10 sessions, after which time she and the therapist may reassess.</p> 

<p>Reporting DM therapist</p>	<p>Dr. Kim Dunphy (DTAA Prof. DMT 215-01)</p>
<p>Date of report</p>	<p>15/9/2020</p>