



## **Evaluation Findings**

All Dance contributed significantly to physical, behavioural, social, community and artistic outcomes. Most participants (70 – 90%) reported the following improvements, with support workers and family members agreeing:

- Physical improvements: fitness, strength, balance, co-ordination
- For many, simply the opportunity to stretch, extend and move their bodies in new ways helped enormously. Support workers were able to see new ways to engage with the participants
- Behavioural improvements: ability to follow instructions, concentration, confidence, communication
- 90% reported and increase in happiness. Participants experienced enjoyment, a sense of achievement, improved skills, and felt valued and empowered