

Online Dance 4 Us Movement Sessions for Adults with disabilities through COVID-19

To do our part to #uniteagainstcovid we've paused our face-to-face Dance 4 Us sessions, however we've been working hard behind-the-scenes to develop an online alternative so we can continue to support your client/s through this period of uncertainty.

We're delighted to announce we're going to be offering online dance movement sessions in term two in lieu of your usual face-to-face Dance 4 Us/Arts 4 All group. These sessions will be at the same day and time as your usual programme but will be held on Zoom video. These sessions will be facilitated by your regular dance movement therapist and will be for both you and your client/s to attend. Sessions will provide creative exercises that you can do together with your clients to continue to build on their creative self-expression, motor skills and emotional regulation. The sessions will aim to enhance connections between carers and clients, support clients' and carers' wellbeing, and also to provide an opportunity for carers to get support with any challenges that are arising with clients as part of this challenging time.

Just like our face to face Dance 4 Us and Arts 4 All programmes, these sessions are free to attend.

Q. What do I need to be able to join these sessions?

Ideally you'll have a computer with internet access and webcam ability, otherwise you can use a tablet or a mobile phone if a computer is not available. You'll need to log into ZOOM either in your internet browser (zoom.us/) or as an app. ZOOM is free to use. We'll send instructions to your organisation about how to access your group's unique meeting room prior to the term beginning. It's a good idea to create a comfortable, safe environment on your end of the transmission. Ideally all the people in the space you are using will be part of the session. However if this isn't possible and/or there are other people in the same space, you will still be able to attend.

Q. What happens if my client (or some of my clients) aren't interested or able to participate in the Zoom session online?

That's totally fine - if a client isn't able to focus on the computer screen, or doesn't want to participate directly themselves, the sessions will work for you, the carer to attend, and then go off screen to practice an activity with your client(s) and/or do the activity at a later time. There is as much benefit for the carer as there is for your client(s) in attending. It may be that some of your clients can pay attention to the screen and some can't, but there will be breaks for you to go into the space and do activities with those who are not 'on screen'.

Q. What happens if I have to disconnect because a client gets upset, or I experience technological issues?

You will be provided with a local phone number that you can call to join your Zoom session in the instance that you have technology issues on your computer and are disconnected. If a client gets upset, we encourage you to attend to them first, then rejoin the session yourself, even if your client is not able to, as you will receive tools and activities you can do with them at a later time. you do not have to leave the meeting online if you need to step away from the screen for a time. There will be an assistant in each group who can help support you with any tech issues.

Q. Are there any security risks I should be aware of?

We've chosen zoom.com as our online therapy platform and, after reviewing their security measures, we're confident this is a safe platform for our sessions. To boost security, we've created a virtual waiting room so only people we've invited can enter the meeting. Please ensure you include your name and care organisation when you log in to the meeting so we know where you're from e.g. Lucy Grey @ Spectrum. We'll also be recording the sessions for quality and professional development purposes. These will only be viewed by your therapy team and/or their clinical supervisor if needed. We ask that you please respect the privacy of all others in the session and do not record these sessions yourself.

By attending the Zoom sessions, you acknowledge that you have received and read this 'Zoom Dance 4 Us/Arts 4 All Info and FAQ' information regarding online sessions that are being offered by Dance & Arts Therapy NZ.