



Queen Margaret University

CENTRE FOR PERSON-CENTRED
PRACTICE RESEARCH

Move your Mind!
Dalcroze Eurhythmics
Workshop
Queen Margaret University
June 14th 2019
930-4.00
Room 0051



Dalcroze Eurhythmics:
Successful Motor-Cognitive
Dual-Task Training for Seniors

Experiential and 'moving'
Workshop for Health
Professionals

Learn about:

- Theoretical bases linked to motor memory, multi-tasking, music and falls in older adults
- The particularities of Dalcroze Eurhythmics when applied to seniors/older persons
- And experience Eurhythmics exercises, the fun and different challenges of this technique
- Please wear comfortable clothing and footwear to assist movement

Facilitators

Prof. Reto W. Kressig, MD (Basel) is Chair of Geriatrics at Basel University and Chief Medical Officer of the University Department of Geriatric Medicine FELIX PLATTER, Basel, Switzerland. (Photo above)

Gabi Chrisman (Zurich) (Dalcroze Eurhythmics Professor at the University of Applied Sciences in Geneva and Zurich.



musikinesis®
music. dance. dalcroze.

Please turn over the sheet
for more information

To reserve your place email:
Sharon Middlemass on SMiddlemass@gmu.ac.uk

Application deadline: 31st May 2019

Fee: £80 includes refreshments and snacks.

Although Lunch is not provided there are options available on site



Move your Mind!

Motor-Cognitive Dual-Tasking among
Seniors with Dalcroze Eurhythmics

Reto W. Kressig & Gabi Chrisman

The inability to simultaneously walk and talk has been shown a strong predictor for falls in older adults (Lundin-Olsson et al. 1997). Indeed, safe gait while simultaneously performing cognitive tasks depends on highly automated motor-control. Due to functional losses and/or cognitive impairment among older adults, motor-cognitive dual task situations might exceed the available attentional resources and falls occur. Based on improvised piano music and changing movement patterns going with it, Dalcroze Eurhythmics builds up both motor and cognitive reserve. Not surprisingly, Dalcroze Eurhythmics performed once a week was not only able to improve Dual-Tasking in older community-dwellers but also decreased the fall rate by over 50% (Trombetti et al. 2011).

After a warm up and a presentation of the theoretical bases linked to motor memory, multi-tasking, music and falls in older adults, workshop participants will engage into eurhythmics exercises themselves to experience the challenges of this technique and to learn about the particularities when it is applied to seniors.

Prof. Reto W. Kressig, MD (Basel)

is Chair of Geriatrics at Basel University and Chief Medical Officer of the University Department of Geriatric Medicine FELIX PLATTER, Basel, Switzerland. He is author of over 140 PubMed-listed original publications, numerous book chapters and various other publications. His scientific work and interests include older adults' gait biomechanics, physical activity, functional autonomy, and cognition in relation to principles of geriatric rehabilitation and fall prevention. Prof. Kressig is Editorial-Member of several international geriatric journals, Associate Professor of Gerontology at the University of Luxemburg and former Secretary of the European Academy for Medicine of Aging.

Gabi Chrisman (Zurich)

is a certified Dalcroze Eurhythmics Professor at the University of Applied Sciences in Geneva and Zurich, with teaching activities in Switzerland, Europe and North America. She is a founding member of the Swiss Society of Dalcroze Eurhythmics for Seniors.

