

COMBI-DANCE FOR PEOPLE WITH NEUROMUSCULAR DISEASES:

TANGO

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AIM: Reason of the preparation of the Project: Individuals having muscular diseases live in disadvantaged conditions in Turkey; and their participation in socio-cultural life is restricted caused by problems living in the area of Access, education, employment, etc. Art allows the person to express himself/herself, to define himself/herself in the best way in the universe. It eliminate prejudice and foreignness. At this point, the project provides for individuals having muscular diseases to contact with other individuals; and to provide their social rehabilitation by developing their self-esteem, self-knowledge and aesthetic feelings. In another aspect, the project aims to raise awareness for disabled, any change in the attitude toward disabled and to increase sensibility to art.

THE OUTPUTS: In this study, the choreography was prepared taking account of physical and motor skills of patients with muscle, and their participation-perpetuation skills in activities. After the completion of training a dance show was performed by individuals with and without disabilities received training. The Muscular Diseases Association of Turkey's Project has been an example to other non-governmental organizations, encouraged to create similar projects, and provided to increase their sensibility to art.



RESULTS: Communication between the-abled and disabled individuals was provided through recognition each other and empathy. Self-confidence of patients with muscular diseases has developed ;and sensibility to disabilities has been increased by creating awareness about disabilities in the society.

METHODS: Preparation and demonstration phase of the project took 5 months with the total duration (15 December 2010-15 May 2011). The project consisting of dance work for 3 months, preparation for 1 month and procedures to terminate the project for 1 month was carried out with a total of 10 people. They worked under the supervision of an expert dance instructor on the subject. Dance studies were performed in the category of tango music and with obstacle free choreography. The choreography in question was prepared taking account of physical and motor skills of patients with muscle, and their participation-perpetuation skills in activities.

