

## TANGO FOR THE ELDERLY WITH ALZHEIMER

In every place we go, a training programme involves about twenty people whose challenge is to help improve memory and balance.

Over a period of a minimum of 13 weeks and on a regular basis of once a week, tango singers and teachers interventions in a facility such as a retirement home, guarantee the positive lasting effectiveness of the Tango Workshops.

### How do we work?

- Presentation of the project to the institutions' administrative and medical directors, residents and families.
- Therapeutic Tango training offered to the facility staff by the University of Burgundy and by the Dance Movement Therapist Clarissa Machado following the Dinzel's method.
- Tango workshops, once a week or more, depending on the availability of the institution.
- The audio-visual produced by ABB Reportages, shot by Anne Bramard Blagny and Julia Blagny which follows the transformation of people taking part in tango workshops.
- A scientific research conducted throughout the process, led by France Mourey (professor at University of Burgundy and researcher at Inserm 1093, and her associated researchers, Julien Bourrelier and Danilo Spada.

### OUR FINAL GOAL?

Contribute to a lasting change in the way society views the elderly



with the support of



Pour Que l'Esprit Vive

« L'Art, c'est le plus court chemin de l'homme à l'homme » - André Malraux



ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ  
STAVROS NIARCHOS FOUNDATION

The Stavros Niarchos Foundation is supporting the pilot activities of Tango therapy practice and research, in the framework of the 'Memory Caravane' project by the French association 'Pour Que l'Esprit Vive', which informs the development of the documentary to identify and evaluate the impact of this fascinating dance to the elderly

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# CARAVAN of Memory

## TANGO FOR THE ELDERLY WITH ALZHEIMER

Training, workshops, audiovisual,  
scientific research



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## TANGO FOR THE ELDERLY

Welcome to the «Caravan of memory»

Documentary filmmakers and researchers have been working for ten years to demonstrate the effect of **Music** and **Movement**, especially **Tango**, on the elderly suffering from Alzheimer's neurodegenerative diseases.

After the documentary « The Melody Of Alzheimer's», the «Caravan of Memory» brings together trainings in Therapeutic Tango, Tango workshops, audiovisual work, and research tests.

Every stage of the «Caravan of Memory» develops regular interventions of tango singers and teachers, Inserm scientist and filmmakers.

To this date, 8 training programmes have been developed in France at: La Prée, Decize (Les Sables Roses and Les Chaumes d'Aron), Dijon-Korian, Baigneux-les-Juifs, le Domaine des Gueules Cassées, Anglet and Sarcelles.

In autumn 2019, the «Caravan of Memory» stands for 350 workshops in 29 places in 6 countries: France, Argentina (Buenos Aires), United States (San Francisco/Stanford), Italy (Lecco), Uruguay (Montevideo), Greece (Athens).

### Thanks to the engagement of Peninsula Volunteers

The project at Rosener House, in San Francisco, exists thanks to the implication of Peninsula Volunteers, an association which supports, with its volunteers the workshops of the «Caravan of Memory».



Among all the volunteers, **Simone Lewis**, affectionately called «Pink Lady» is a good example to follow... Simone is 91 years old (she does not look her age at all). She decided to dance Tango every Wednesday during 13 weeks with the residents of Rosener House.

*«There is nothing astonishing in my behaviour. Volunteering is an important part of the American Culture»*



## SCIENCE AND HEALTH

Argentinian Tango to prevent falls

Argentinian Tango activity is a way to prevent falls and strength autonomy for the elderly who are dependent and/or losing autonomy.

### Why ?

This stimulating form and non-drug therapy is based on numerous scientific studies which demonstrate their relevance and effectiveness in preserving the quality of life and independence of elderly people, who are fragile and/or dependent and/or suffer from any form of neurodegenerative diseases.

This practice, inspired by Argentinian tango, is based on multidirectional but non choreographic movements, similar to those required in the activities of a daily life. Thus, the exercises proposed during Argentinian Tango sessions require dynamic balance, weight transfer, support, and posture.

These essential abilities for the autonomy and functional independence of the elderly are stimulated during these sessions and are more easily transferable to daily life activities. In addition to the therapeutic and stimulating concept, the environment created around this practice resonates with the experience in dance and music of this generation of seniors.

This initiative is based on pluriprofessional training, preliminary to the launching of the workshops, thus allowing a rigorous supervision and follow up of the professionals and institutions involved; this training for the staff of the places hosting the «Caravan of Memory» is the guarantor of the project's ethics, as it is intended to maintain the activity taught in the establishment.

### How ?

These group activity sessions are oriented through two levels of fundamental interests, namely, on one hand, the strengthening of functional capacities, and on the other hand, the promotion of the social cognition of the elderly.

Besides, these actions are reinforced by scientific research, led by Professor France Mourey's team from the Inserm U1093 research unit; which studies the positive impact of Argentinian Tango.

In France, Associate Researchers, Danilo Spada and Julien Bourrelier, follow and capture the slightest movements to enrich the knowledge and environment of each of us.

