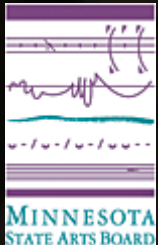




# Launching a Dance Troupe for Adults with Intellectual Disabilities



Supported by a grant from the Minnesota State Arts Board

# Collaboration Among a Professional Dance Artist, Occupational Therapist, and Self Advocate



Professional Dancer Role:  
Music Selection  
Choreography  
Teaching Strategies



Conducting Rehearsals  
Adjusting Movement Demands  
Costumes

# Role of the Occupational Therapist

Design and Alter Context

Evaluate Performance Skills

Modify/Adapt Movement

Implement Precautions

Consultation

Administration/ Grants



# Role of the Self Advocate

Motivation

Leadership

Communication

Role Modeling

Decision Making

Promotion



10 Years- Lessons Learned:

“Phatic communion”

Music is Key- repetition in chorus

Teach by imitation- repetition

Highlight individual skills

Adjust movement progressions

Focus on emotion



Lessons Learned:


Emphasize Self Advocacy

Encourage Autonomy

Expect Responsibility

Accept Differences in Style



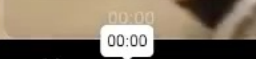


Meaningful leisure  
Build self esteem  
Enhance physical fitness  
Connect socially  
Gives Purpose

# Occupational Therapy

Curio Dancers performing Somewhere from West Side Story  
at the Concordance Showcase  
on April 26th, 2025 at Curio Dance studio in Stillwater







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