

MUSIC AND DANCE IN COMMUNITY

EXAMINING THE MALE PERSPECTIVE

WHAT IS MADCAPS?

The 'Music and Dance in the Community (MADCAPS)' project will examine the acceptability and feasibility of a co-created music and dance programme for men in Limerick. MADCAPS will provide a fun and social activity for older men to male adults that would have a positive impact on their overall health, wellbeing and social connectedness.

Research Question: Is a community-based music and dance programme feasible and acceptable to older males?

We will conduct MADCAPS with community partner Limerick Thomond PROBUS group. The music and dance programme will consist of six 1.5 hour weekly session.

We will evaluate -

- **Feasibility:** Recruitment, attendance and participation rate
- **Efficacy of the programme:** Measure physical function, fitness and quality of life before and after the programme
- **Feedback:** Interviews with participants and stakeholders

This research will inform the roll out of arts-based activities in the community by establishing the feasibility and acceptability



- Participants will participate in weekly music and dance sessions delivered by a music therapist, dance teacher, and physiotherapist
- Participants will meet others, and find out about their health and wellbeing and exercise in a fun enjoyable way



BACKGROUND

In 2022, approximately 770,000 people aged 65 years or older in Ireland, facing:

- Chronic health conditions
- Low levels of physical activity
- Loneliness and social isolation
- Risk of fallings

Public Health Goal
↓
Encourage Physical Activity

WHY IS THERE A NEED FOR THIS PROGRAMME FOR MEN?

Older men -

- Have increased risk of cardiovascular disease, diabetes, obesity, hypertension, social isolation
- Higher rate of falls-related mortality
- Engage less in social community programmes
- Men are less likely to seek help when struggling with physical or mental health concerns



WHY MUSIC AND DANCE?



Dance is both an art and a form of exercise, which has been shown to promote wellbeing, reduce social isolation and can improve improve physical health with positive effects on strength, endurance, functional fitness.

Musical activities have an important role in emotion, communication and social interaction in aging. Listening and singing to music have been associated with better emotional well-being, competence and reduction in social isolation.



BENEFITS AND IMPACTS

- Develop cost-effective ways to improve health of older adults in the long-term.
- Development of community-based activities that are tailored, fun and support health and wellbeing of older men.
- Development of a future multi-site study designed to enhance community engagement and reduce loneliness and social isolation, improve functional performance and reduce falls risk.

- Deepen and widen community engagement via fostering links between community organisations and UL (UL@50 Strategic Plan Goal 4).
- Continue to foster the links with government departments/policy makers initiated via the Music and Movement for Health study.



PROJECT TEAM MEMBERS

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