

**auSDANCE**  
**QLD**

Published 2021

FACTSHEET

**MAKING  
DANCE  
INCLUSIVE**

## INCLUSIVE DANCE

“People talk a lot about ‘doing the hard work’ and ‘the heavy lifting’ of justice and equity. For me it brims with love and joy and good humor and all the most beautiful parts of humanity. It doesn’t need to be some dreaded obligation. It’s actually an invitation to connect with a more glorious range of human beings, to see and learn things in new ways.”

- Sean Dorsey, choreographer  
(Dance Magazine)

Dance can have incredible benefits for everybody and everyone can benefit from making dance inclusive. Unfortunately there are many barriers that limit or prevent people’s participation in dance activities. This factsheet is a growing list of resources and training to support practitioners in a range of contexts to make their dance activities inclusive and accessible for everybody.

# OLDER PEOPLE

MAKING DANCE INCLUSIVE

## **GOLD MOVES AUSTRALIA**

Gold Moves Australia - supports and advocates for dance with a focus on enhancing health and wellbeing for a better quality of life using evidence informed approaches without losing the essence of the dance intent.

<https://goldmovesaustralia.com.au/>

## **COMMUNITY DANCE**

Video guide for Community Dance with Older People with Diane Amans, Korea 2019.

[https://www.youtube.com/watch?v=CKtibAcQU5E&feature=emb\\_logo](https://www.youtube.com/watch?v=CKtibAcQU5E&feature=emb_logo)

# PEOPLE WITH DISABILITIES

## MAKING DANCE INCLUSIVE

### ALLPLAY

AllPlay was established to create opportunities for all children to play sport, including the one in five children who experience developmental challenges or disability. This digital platform is part of our plan to achieve that goal.

You'll find information, practical tips and strategies, dance stories and videos for dance teachers, dance schools/ companies, health professionals, parents and kids of all abilities. These strategies have been developed using the best available evidence and by hearing from over 300 people in the community, including individuals with disabilities, families, dance teachers, dance schools and peak dance bodies.

<https://allplaydance.org.au/>

### DANCE FOR PARKINSONS

Dance for PD® is a collaboration between the Mark Morris Dance Group (MMDG) and the Brooklyn Parkinson Group (BPG). MMDG/BPG started offering free dance classes for people with Parkinson's in 2001, after BPG's Executive Director Olie Westheimer approached MMDG with the initial idea for a class. Since 2005, the two organizations have expanded the Dance for PD® program into more than 100 other communities around the world by engaging participants in Dance for PD® master classes, training teachers through intensive workshops, and nurturing relationships among organizations so that ongoing classes are available to local communities.

<https://www.danceforparkinsonsaustralia.org/>

# CULTURALLY & LINGUISTICALLY DIVERSE PEOPLE

MAKING DANCE INCLUSIVE

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## CREATIVE EQUITY TOOLKIT

Launched from the Sydney Opera House on 21 July 2020, the Creative Equity Toolkit is a knowledge-exchange website and program to support arts and creative organisations in reaching their diversity and inclusion goals. The website focuses on ethno-cultural and migrant racial equity in the arts, cultural and creative industries.

<https://creativeequitytoolkit.org/>

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**LGBTI+**

MAKING DANCE INCLUSIVE

**LGBTIQ INCLUSIVE  
LANGUAGE GUIDE**

LGBTIQ Inclusive Language guide developed by the equality branch in the Victorian Government department of premier and cabinet.

<https://www.vic.gov.au/inclusive-language-guide>

This factsheet is under constant development. If you are a provider of training or resources that support the development of inclusive spaces then please email us to be included.

[info@ausdanceqld.org.au](mailto:info@ausdanceqld.org.au)