

ERASMUS+ DANCECARE

Context

According to a 2017 report by the WHO (World Health Organization, 2017) entitled "Integrated care for older people - Guidelines on community-level interventions to manage declines in intrinsic capacity", worldwide, 349 million people are estimated to be care dependent, of whom 5% are children younger than 15 years, and 29%, are people 60 years of age and over. Care dependence arises when functional ability has fallen to a point that the individual is no longer able, without assistance, to undertake the basic tasks needed for daily living. Coexisting chronic diseases (multimorbidity) are frequently associated with the need for health and social care for older people. In most countries, regardless of the level of development of the long-term system (LTC), such care is provided by informal caregivers, among which women represent the large majority (Eurocarers, 2021). Formal and informal carers of people with severe declines in intrinsic capacity are at higher risk of experiencing psychological distress and depression themselves. In many low and middle-income countries, the formal system of LTC is poorly developed, with the result that the negative effects of caregiving have a profound impact on the physical, emotional and economic status of women and other family caregivers.

Approval and funding for participation in the ERASMUS+ project has been obtained with the project title "Dance Movement Therapy and Conscious Movement as innovative tools in emotional education and support for long-term caregivers (DanceCARE)". The development of DanceCARE educational program will contribute to a holistic approach to education and training in a lifelong learning perspective. The main objectives are to reduce burden and depression usually associated with Long-Term care duties and to improve networking between informal and formal caregivers. A blended and innovative training, focused on Dance Movement Therapy and Wise Motion methods for stress relief, will be tested and widely used both nationally and on a larger scale.

EADMT partnership

EADMT will participate in the DanceCARE study into DMT interventions for care workers. The project has been initiated by the Italian Istituto Nazionale di Riposo e Cura per anziani (INRCA) and will be realized in collaboration with various European DMT partners, with the Italian INRCA in the lead.

Erasmus + funding has been granted and notified to the EADMT in January 2024.

Specific aims of the study are to

- i) collect and document how dance therapists' work in the context of elderly care.
- ii) to build and describe an intervention module from this documentation for caregivers (together with other partners).
- iii) to pilot this intervention module in several European countries - Greece, Spain and Italy.

For EADMT participation in this project is an opportunity to build collective knowledge about how dance movement therapists work in this field, to start international cooperation and exchange and generate and spread knowledge on the field.

The project will start as of March 2024 and will run until December 2025.

The work phases will be distributed over these two years in focused clusters around the various research steps to be taken. A detailed project plan has been composed in collaboration with the various consortium partners.

The overall organization and coordination is with INRCA. Researchers from various groups and countries will collaborate through digital spaces and live meetings.

The project includes financial support for travel expenses.

Job offer

Call for DMT participation in the European Research project.

For the EADMT part in this study we are looking for DMTs who are eager to participate in a European research project. Due to the characteristics of our association and the project, we need the participants to be self-employed so they can issue an invoice for the payment received. The following jobs are open for application:

Research / Project coordinator:

Tasks: the research coordinator will be in lead of the EADMT part of the project. S/he will lead the DMT researchers through the phased programme of work. The research coordinator will join the activities of the consortium partners and represent the EADMT group at the partner meetings. S/he will be chair and member of the research team.

Required skills: sound research expertise and experience in leading and coordinating (international) projects.

Required qualifications: PhD. Indexed publications.

Working conditions: 498 hours (the equivalent of two months distributed over two years of the project) / 14.400 euros

Administrative coordinator:

Tasks: The administrative coordinator will support the research team in organizing the administration and financial documentation of the project. The administrative coordinator will collaborate closely with all parties involved and will be responsible for reporting budgets to the EADMT Board.

Required skills: Knowledge and experience of financial administration. Reliability and organizational skills. Experience in project implementation and cooperation with professional associations will be an added advantage.

As EADMT bank accounts are in Germany, basic language skills in German and English are required.

Working conditions: 240 hours (1 month distributed over two years of the project) / 7.200 euros

Communication:

Tasks: support the research team in communication with the various partners. Support presentation of the project to the EADMT community.

Required skills: Good English language skills and expertise in social media communications. Knowledge of digital platforms and applications.

Required qualifications: C1 English level (writing and reading)

Working conditions: 240 hours during 2 years (1 month) / 7.200 euros

Researchers (2):

Tasks: Together with the project coordinator, the researchers will conduct the research activities for the EADMT part of the project. They will collect data through DMT expert interviews, and support INRCA in data-analysis of these data. The research team will contribute to the final module description.

Required skills: Researchers should have some experience in conducting research projects. Preferably experience in conducting interview studies and expert circles. Knowledge of quantitative and qualitative research methods.

Required qualifications: PhD or MA.

Working conditions: 240 hours (1 month distributed over two years of the project) / 7.200 euros for each researcher.

These five people will create a Project Team. They will cooperate closely with each other, with other DanceCare project partners and with the EADMT Board. Readiness to attend online and live meetings is important. Travel costs will be covered.

How you may benefit from participation in the project?

Benefits of participating in the project are, among others:

- creative work with the concrete result
- ability to share your expertise and experience
- working in the international team
- gaining some additional experience
- building the collective knowledge and developing the research in the DMT

Applicants need to be members of Associations that are EADMT Members.

Procedure for job offer resolution:

Interested applicants please send your application with a short CV in English (max. 2 pages) signed to the mail: president@eadmt.com **before the 7th of March.**

EADMT board members take the decisions according to transparency and equality criteria. When IRNCA invited EADMT to become a partner in the proposal, the president of EADMT, Rosa M^a Rodríguez, invited Antonella Monteleone (Italy) and Rosemarie Samaritter (NL), both members of the EADMT research working group, to serve as committee members for the preparation of the he initial project proposal. So far, this group has been responsible for maintaining communication with IRNCA and advancing in the initial tasks. The EADMT board may consult the preparatory committee with any questions that come up during the application procedures. All tasks of the preparatory phase will be transferred to the project group once all vacancies are occupied.