



Newsletter – DanceCARE Project Updates: the end is just the beginning!

Final TPM in Athens



This March, the **DanceCARE** consortium gathered in **Athens** for a pivotal two-day **Transnational Project Meeting** hosted by our partner **Aktios Elderly Care Unit**. Over the course of **March 10-11, 2026**, partners from across Europe came together to review progress, share insights, and chart the path forward for this innovative initiative.

The meeting opened with warm greetings and an energizing **body-mind awakening session** led by **EADMT** and **WiseMotion**, setting the tone for two days of productive collaboration. Partners dove deep into the **preliminary cross-national results** from our pilot programs in **Italy, Greece, and Spain**, engaging in rich discussions about key findings and lessons learned.

Looking ahead, partners outlined the **Final Report framework** and distributed responsibilities. **Dissemination strategies** were a major focus—from publications in **scientific journals** to accessible content for local communities and **social media campaigns** designed to reach caregivers directly.

The Athens meeting also featured a **round-table discussion** on **Multiplier Events** planned across pilot sites. The two days concluded with a memorable social dinner, strengthening the bonds between partners and reaffirming our shared commitment to supporting long-term caregivers through the power of **dance and movement**.



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New Publication Alert: Frontiers in Psychology

We are thrilled to announce that DanceCARE has made its mark in the scientific community with a new **peer-reviewed publication** in **Frontiers in Psychology**. The article, titled "*A mixed-method pilot study to assess the feasibility of a body-mind intervention in reducing burden and depressive symptoms of informal and semi-formal caregivers of older adults: the DanceCARE research protocol*," represents a significant milestone for the project.

This publication details the rigorous research protocol underpinning our pilot interventions across three European countries. By combining Dance Movement Therapy and the WiseMotion method, our study explores how body-mind practices can alleviate caregiver burden and reduce depressive symptoms—two of the most pressing challenges faced by those caring for older adults with long-term needs.

The article showcases our mixed-method approach, integrating validated psychological tools such as the Zarit Burden Interview, Caregiver Burden Inventory and Beck Depression Inventory with qualitative insights gathered through interviews and focus groups. Early findings were promising, demonstrating the feasibility and acceptability of our blended educational program among both informal family caregivers and semi-formal care workers.

This publication not only validates the DanceCARE approach within the academic community but also lays the groundwork for broader adoption of evidence-based body-mind interventions in caregiver support programs across Europe. We invite researchers, practitioners, and policymakers to explore the full article and join the conversation about innovative, holistic pathways to caregiver well-being.

[READ THE FULL ARTICLE HERE](#)



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Data Analysis Results Are Out!

A major milestone has been reached: the comprehensive **data analysis** of the quantitative and qualitative data collected during the pilot is now complete! Our research team, led by **Polibienestar (University of Valencia)** in close collaboration with **INRCA**, has meticulously analyzed data collected from **47 informal caregivers** attending the pilot in **Italy, Greece, and Spain**.

The analysis employed a robust **mixed-methods approach**, combining quantitative measures of caregiver burden (**Zarit Burden Interview & Caregiver Burden Inventory**), depression (**Beck Depression Inventory**), and older adults' quality of life (**OPQOL-brief**) with rich qualitative insights from interviews and focus groups.

Preliminary findings reveal **significant reductions in depressive symptoms** following participation in the DanceCARE program, alongside improvements in participants' **sense of connection, body awareness, resilience, and self-care capacity**.

These results not only **validate the DanceCARE approach** but also provide a strong **evidence basis for scaling the program** up across Europe.



9 Video-Lessons on YouTube!

The **DanceCARE body-mind training** for the informal caregivers' stress relief is **fully accessible here** with **nine video-lessons** which are also available at

[**CLICK HERE**](#)

Let's try and invite other informal caregivers to do the same! If you are caring for an older person with long-term care needs, you may feel the need to talk to someone who is going through a similar situation. You can do so by joining the DanceCARE community chat.

...but let's hear from the informal caregivers attending the DanceCARE training:

IT

"This work on the body helped me a lot to understand myself, to know myself better, to feel what I need most in my life right now, which is lightness. Feeling like a child did me a lot of good, that is, playfulness, joy. The music connected to dance did me a lot of good, it relaxed me, it healed my soul, it caressed it"

— IT13, Italy

GR

"The change in my mood was very strong during the sessions themselves, where there was a lot of emotional release"

— GR23, Greece

SP

"I learned the idea of stopping, even if only for a few minutes, and reconnecting with myself has really helped me. I've taken on board mindful breathing, gentle movement to release tension, and the importance of not ignoring how I feel [...] I still do the things I enjoy [...] but now I do them in a more mindful way"

— SP29, Spain



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Data Analysis Results – Tables

Table 1: Sociodemographic Characteristics

Variable	TOTAL (N=37)		GREECE (N=10)		ITALY (N=10)		SPAIN (N=17)	
	Means (ds) or n (%)	Missing	Means (ds) or n (%)	Missing	Means (ds) or n (%)	Missing	Means (ds) or n (%)	Missing
Caregiver's age (years), means (sd)	50.3 (14.1)	1	51.5 (13.8)	0	59.8 (4.2)	0	43.6 (15.1)	1
Sex (females), n (%)	36 (97.3)	0	9 (90.0)	0	10 (100.0)	0	17 (100.0)	0
On a ladder from 0 to 10 how can you assess your level of stress in the last month?, means (sd)	7.7 (1.4)	1	8.2 (1.4)	0	8.0 (1.5)	0	7.2 (1.2)	1
Age of the care receiver (years), means (sd)	83.8 (9.1)	1	79.7 (12.7)	0	89.7 (3.2)	0	82.7 (7.4)	1
IADL of the cared receiver, means (sd)	4.3 (3.7)	0	3.0 (3.0)	0	2.4 (3.1)	0	6.2 (3.7)	0
Relationship with the care receiver, n (%)		0		0		0		0
parents	24 (64.9)		8 (80.0)		10 (100.0)		6 (35.3)	
spouses	3 (8.1)		1 (10.0)		0 (0.0)		2 (11.8)	
others	10 (27.0)		1 (10.0)		0 (0.0)		9 (52.9)	
Years of care, n (%)		1		0		0		1
≥5	26 (72.2)		5 (50.0)		10 (100.0)		12 (70.6)	
6-10	10 (27.8)		5 (50.0)		0 (0.0)		5 (29.4)	
Q5.1 "Yes", n (%)	12 (32.4)	0	6 (60.0)	0	1 (10.0)	0	5 (29.4)	0

Table 2: Pre-Post Intervention Results (T0 vs T2)

Variable (means, sd)	T0	T2	p
BDI	13.7 (10.1)	10.5 (7.3)	0.026
ZBI	38.4 (16.7)	35.1 (15.7)	0.083
CBI Total score	36.1 (20.3)	36.2 (20.0)	0.937
Objective burden	10.9 (5.3)	10.3 (5.4)	0.399
Psychological burden	8.7 (5.2)	8.0 (5.1)	0.339
Physical burden	6.5 (4.5)	6.9 (4.2)	0.472
Social burden	6.0 (5.0)	6.1 (5.0)	0.940
Emotional burden	3.7 (4.7)	4.3 (5.1)	0.414



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DanceCARE Handbook almost complete!



The DanceCARE's Handbook is now available on the project website at

[CLICK HERE](#)

This practical guide is designed to empower training institutes, care providers, municipalities, and professional Dance Movement Therapy associations to implement and adapt the DanceCARE curriculum in their own contexts.

The Handbook consolidates the knowledge and experience gained throughout the project, translating our research findings and pilot learnings into actionable recommendations. It includes step-by-step guidance on delivering the body-mind education modules, facilitating self-help groups, integrating digital learning tools, and tailoring the program to diverse caregiver populations—from family members to live-in migrant care workers.

Developed collaboratively by partners across Italy, Greece, Spain, Finland, and Germany, the Handbook reflects a truly pan-European perspective while respecting cultural and organizational diversity. It will serve as a sustainable resource, enabling the DanceCARE methodology to live on well beyond the project's lifespan and supporting the long-term goal of embedding body-mind practices into mainstream caregiver education and support systems.

A sustainable resource to ensure the DanceCARE methodology continues beyond the project, supporting long-term integration of body-mind practices into caregiver education.



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Multiplier Events

Between May and June 2026, three public events were held to disseminate the project's results.



Greece - Athens

The Greek event was held on 29 May 2026, from 13:00 to 16:00, at the AKTIOS Elderly Care Units in Agia Paraskevi, Athens. It combined theoretical presentations with practical resource demonstrations and it concluded with an open question and discussion session, during which participants shared reflections, asked questions, and provided feedback on the project and its applicability in their personal and professional contexts.



Italy - Ancona

In Italy, the event took place in Ancona, on 21st May 2026, at the Mole Vanvitelliana, an historical and iconic building in the harbour area. The event consisted of a workshop and a conference. The multimodal experiential workshop lasting a total of 2 hours (10.00-12.00 am), embedded Movement Therapy and mindful movement and music component. The workshop was attended by seven participants: one dance teacher, one general practitioner and five informal caregivers. The public conference (5.00-7:30 pm), presented the DanceCARE methodology, the intervention and the main impact on the informal caregivers, it also included a brief body-mind experience and ended with a lavish buffet. A total of 31 people attended and signed the attendance list.



Spain - Valencia

The Spanish event was held on 4 June 2026, from 10:00 to 14:00, at the Polibienestar Research Institute of the Universitat de València, in Valencia. It combined theoretical and practical components. In line with the planned agenda, the session opened with a welcome and presentation of Polibienestar, introducing the Institute's role within the project and its work in the fields of wellbeing, social innovation and care. The conference was followed by a one-hour practical session and ended with a roundtable



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The project concluded on June 30th, 2026, but the consortium will continue to disseminate the results through conferences and scientific articles. Follow us on the project website <https://dancecare-project.eu/>

Follow Us! <https://dancecare-project.eu/>

DanceCARE is the first study to measure the impact of a body-mind intervention on the mood and perceived burden of informal caregivers of older adults with disabilities. We are happy and proud to have worked to provide scientific evidence of the benefits of the body-mind approach for informal caregivers and to have given them some moments of well-being and lightheartedness, thanks to funding from the Erasmus+ Program, which believed in the DanceCARE project.



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