



WHAT is Ballroom Basics for Balance™ Inclusive (BB4B)?

Ballroom Basics for Balance™ Inclusive is a fun and inclusive class using the basics of dance that aims to improve balance/postural control, prevent falls, reduce injury, as well as foster inclusion and participation-- tailored for individual needs.

The idea: With a base in the Core BB4B curriculum, a trained professional can use modifiers taken from the “curriculum shelf” as needed to instruct specific and more dependent populations in specific locations or settings, allowing the safest and most tailored experience possible - all while maintaining the FUN and PARTICIPATION. What’s new?

- Intentional inclusion of caregivers/family/participant team members
- A wide array of different balance and/or mobility/postural control screens
- Optional cognitive screens depending on population
- Implementation of this curriculum will always be a collaboration with the trained professional, the participants, and BB4B.

We keep:

- Participant input and self-expression
- Accessibility in all ways
- Evidence-informed plans
- Safety
- Challenge

WHAT is this TRAINING?

The goal of this training is to share our curriculum and methods, which you can then 1) teach as a fully-certified BB4B instructor to YOUR neighborhood or community or 2) incorporate into your practice and make your own! You receive:

- Instruction in the key criteria of balance and falls prevention, based in the latest evidence and therapeutic principles.
- Instruction in basic dances and balance practice and how to break them into basics.
- Instruction in guarding and safe mobility.
- Training in administering balance, cognitive and quality of life tests.
- Orientation and access to curriculum, forms, policies and procedures.
- Assistance in setting up a class.

You receive full support of the existing community, but are independent in your practice, allowing for maximum flexibility and fit for the people with whom you work.

See our webpage: <https://ballroombasicsforbalance.org/train-with-us/>



We have two tracks: **Enrichment** and **Instructor**.

1. Register for our 2-hour (2 CEUs/contact hours) *Introduction to Ballroom Basics for Balance™* course (optional). Virtual or (eventually, again) in-person. Enrichment or Instructor Track. Begin using the principles right away!
2. Take our 7-hour (and CEU) *Ballroom Basics for Balance™ Core Curriculum Training*. Enrichment or Instructor Track. Integrate the curriculum into your practice or community! Virtual or (eventually, again) in-person.
3. Go deeper with *BB4B – Inclusive Curriculum Training*, intended to bring the joy of dance to specific populations and settings. Enrichment or Instructor Track. Integrate the curriculum into your practice or community! Virtual or (eventually, again) in-person.
4. Instructor Track: Continue to Certification by completing a Practicum.
5. No matter how much training you choose, we invite ALL to continue in community – sharing ideas, resources, and asking questions.

BB4B is growing!

- ***We need YOU!*** Every season we have more classes in more locations, partnering in more communities.
- We continue to pursue opportunities to speak about and demonstrate in the community, and plan to publish an abstract about our work to date.
- **BB4B enjoys 501(c)(3) status** as a program of Center for Community Stewardship! This allows us to raise funds to grow and assist more people to take the class, and more instructors to teach



CEUs may be offered for OT(A)s, PT(A)s. **Contact hour certificates** are offered all others.

More photos and videos of BB4B [HERE](#).

We look forward to dancing with you and your community!