

Yalp Sona Compliments Senior Care Exercises and Revitalizes the Mind and Body

The Yalp Sona dance & play arch is becoming very popular within the senior care sector. Not only does it work for their physical activity needs, it also stimulates the brain. This case study shows how the elderly, with and without dementia, are getting outdoors much more frequently, and enjoying dancing and moving about together under the Sona. Music, sounds and instructions trigger the passive elderly to become physically revitalized and mentally alert.

"Staying active contributes to the wellbeing of our mind and body as we age. Many of the elderly with dementia that live with us at Hilverzorg, **love getting outdoors** and exercising underneath the Sona. They have absolutely no reservations towards dancing and moving about, they really just enjoy it," says Hanneke Overhage, Supervisor of the senior care facility.

"The Sona bridges the generation gap and helps the elderly feel **young again**. It allows the entire family to have fun and play together," explains Team Leader, Linda Eijlers. "Not only are the seniors using the Yalp Sona, but the visiting children, grandchildren and other residents enjoy playing under the Sona. This keeps them **socially engaged** as well."



Yalp
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