



Family Caregivers Unite!

Archives Available

December 14th 2010: Dancing and Dementia

Bob Smith, a retired firefighter now a full-time family caregiver for his wife, and Dr Alexa Roggeveen, a leading researcher, discuss the ways dance helps persons with dementia and their family caregivers. Bob talks about his wife's health condition and the challenges it creates for them both. Dr Alexa describes the dance classes. They both talk about their experiences with the dance classes, how they help family caregivers and their family members, and how they led to Dr Alexa's new research into dementia. They both discuss the new research, and say why it is so interesting and important for

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Featured Guests



Alexa Roggeveen

Dr Alexa Roggeveen has been the Lead Researcher at Canada's Sheridan Elder Research Centre since 2009, where she has designed and coordinated research projects on topics ranging from dance to computer use, and their benefits for older adults.

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Bob Smith

Bob Smith retired from the Mississauga, Ontario, Canada fire department in 1996. After several months of retirement, he decided to re-enter the work force. It gave his wife some space, he says, which is necessary after retirement.

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