

Abstract

Dance and music are art forms that allow you to influence processes occurring in individual systems of the senior's body. But not only for the body man has influence. In the literature on the subject it is noted that dance therapy is an extremely useful method of treatment, especially due to its multiplicity problems that threaten the proper functioning of elderly people. Decreasing sense of stability and security, lifestyle diseases, sense of loneliness, and therefore low mental resilience, lead to increased the number of people requiring psychological and psychiatric support. This is why Various specialists also focus their attention on the least invasive means possible treatments, which include choreotherapy. The aim of the work is to learn and show the application of therapeutic possibilities the impact of choreotherapy on an elderly person on every aspect of a senior's life, i.e. social, mental and physical.

Keywords: art therapy, choreotherapy, geriatrics, old age

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