



During a DaPoPa workshop in Grenoble (Photography by Holly Bartley, February 2024)

Re-membering our commons

**Reclaiming empowerment through movement:
A participatory and intergenerational approach for people with/out neurodegenerative diseases**

This ongoing research explores the potential for individuals living with neurodegenerative diseases, specifically Parkinson's, to reclaim empowerment through body movement as a means of interaction and communication. In a world marked by uncertainty and vulnerability, these individuals often bear the weight of stigmatized perceptions. Starting with conventional deficit-focused narratives of care, this study centers on the abilities and creative potential of these individuals, exploring how body movement can serve as a powerful vehicle for self-expression.

The research draws insights from participatory observations within inclusive dancing workshops. The study focuses on addressing feelings of insecurity linked to both comfort and discomfort. By exploring participatory spaces and envisioning forms of expression, the aim is to enhance the well-being, self-esteem, sense of security, and dignity of those involved. Considering body expression as an essential way of communication to understand a set of desires and needs, this approach aims to promote positive aging, cultivate caring communities, and contributes to a more inclusive society through design.

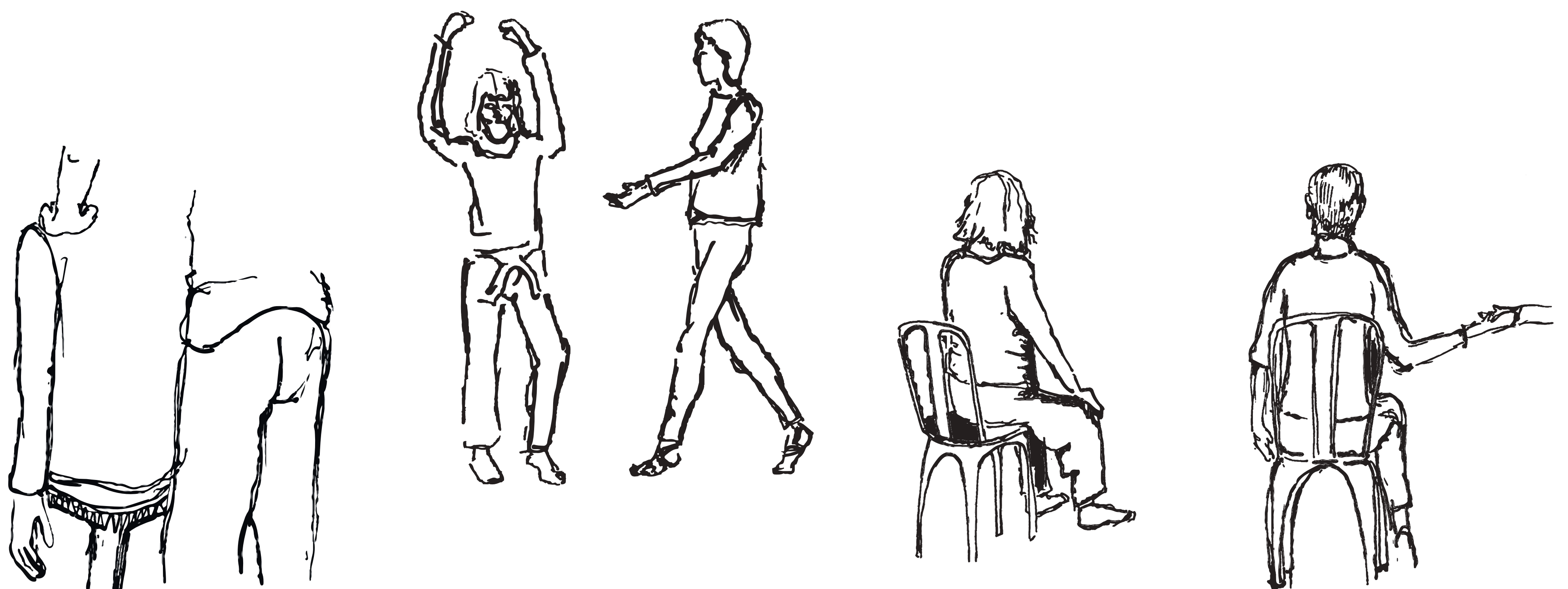
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During a DaPoPa workshop in Chambéry
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Observation sketches drawn by Holly Bartley during a DaPoPa workshop in Paris (February 2024)