



Riding in the Moment

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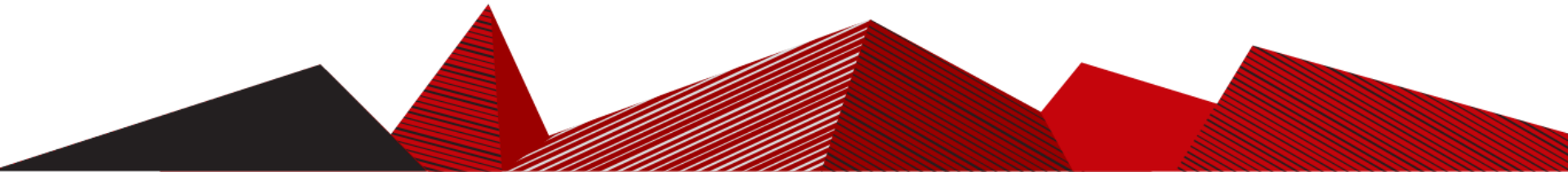
Katie Samuelson
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Wisconsin Dementia Resource Network
Thursday, May 19th 11:30a



Disclosure

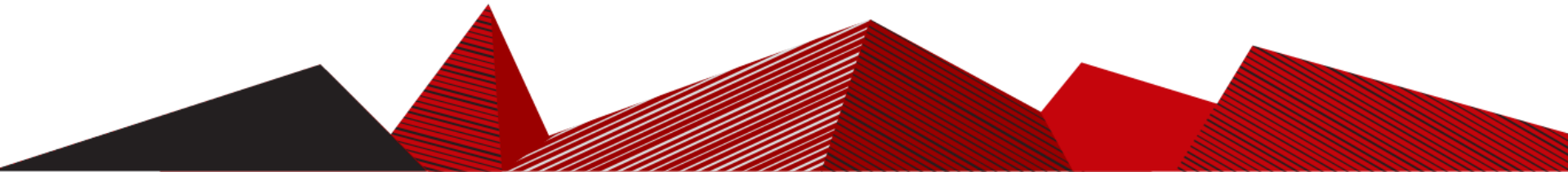
- Financial Relationships
 - Employed at the University of Wisconsin-Madison
 - Ira and Ineva Reilly Baldwin Wisconsin Idea Endowment and the Office of the Vice Chancellor for Research and Graduate Education and Wisconsin Alumni Foundation supported this research
 - Receive royalties from Hearts & Horses based on sales of manuals for Riding in the Moment program



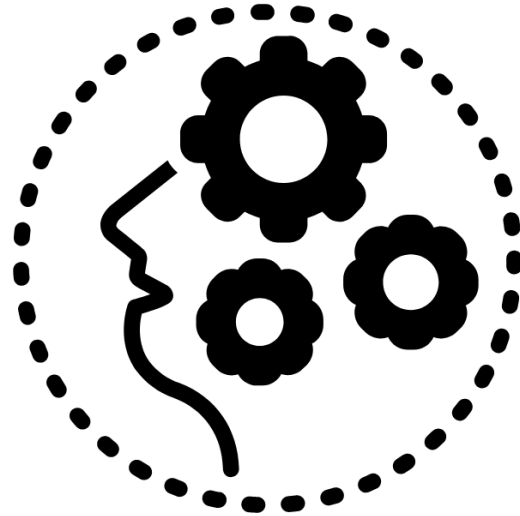
Learning Objectives

By the end of this presentation, you will understand the program's:

- Conceptual background, purpose, and activities;
- Supporting evidence;
- Participant benefits; and
- Available implementation and training resources.

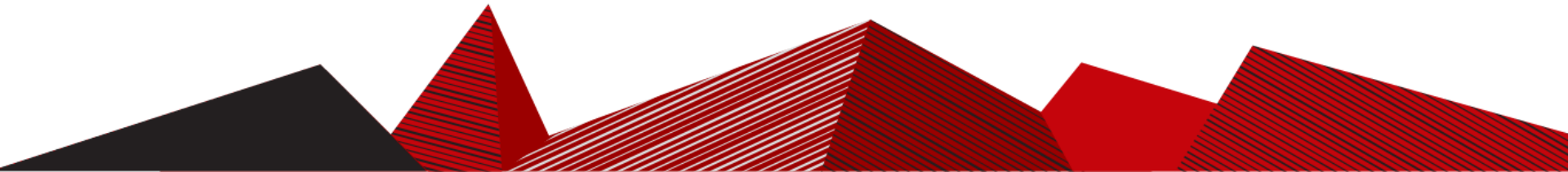


Research Introduction



Priyanka, IN; Thenounproject.com

The 'Spark' for My Research Interest

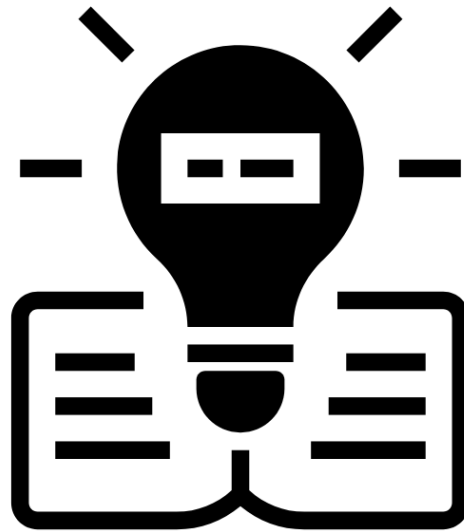


Impact of COVID-19

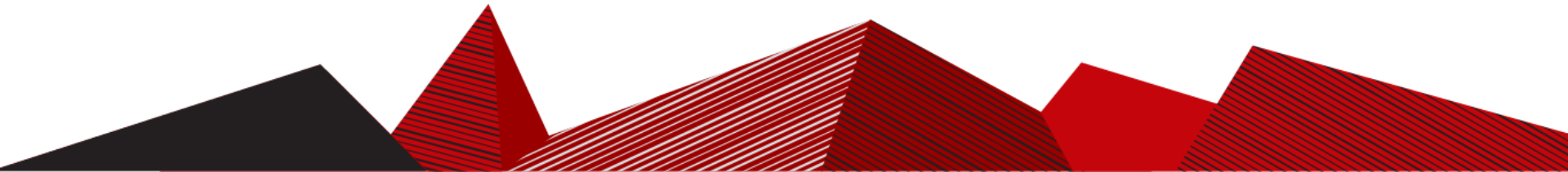
- Nearly 5 million Americans live with some form of dementia
- Forced social isolation
- Worsened behavioral and psychological symptoms
- Search for meaningful activities



Conceptual Framework



Nithinan Tatak, TH; Thenounproject.com



Meaningful Occupations are Necessary for Quality of Life



(Chung, 2004; Law et al., 1998)

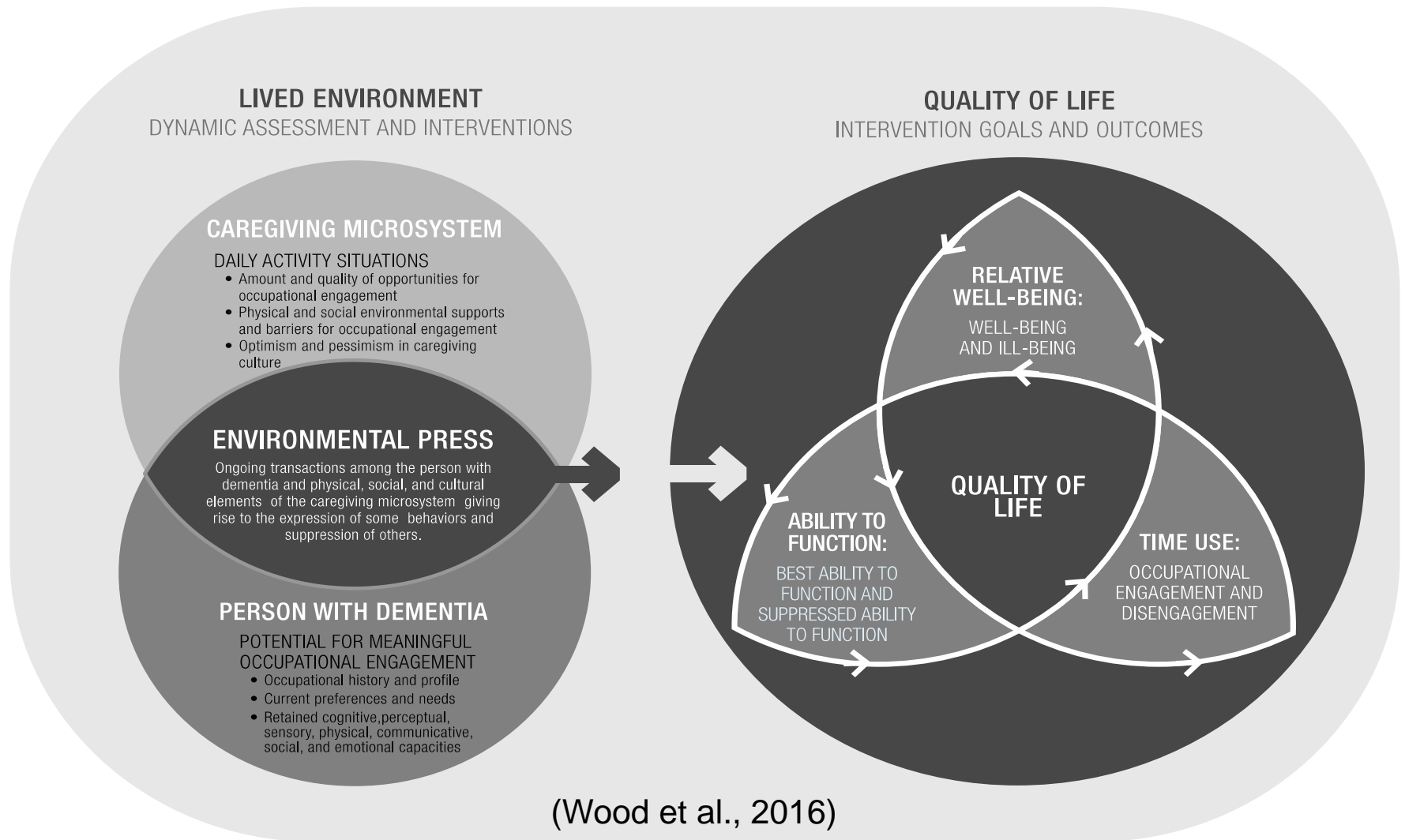
Supportive Environments are Necessary for Quality of Life

- Social and physical elements
- Activity situations
- Environmental press

(Kane, 2001; Lawton & Nahemow, 1973; Wood et al., 2016)



Lived Environment Life Quality Model (LELQ)



Occupationally Enlivening Transaction

LIVED ENVIRONMENT
DYNAMIC ASSESSMENT AND INTERVENTIONS

CAREGIVING MICROSYSTEM

DAILY ACTIVITY SITUATIONS

- Amount and quality of opportunities for occupational engagement
- Physical and social environmental supports and barriers for occupational engagement
- Optimism and pessimism in caregiving culture

OCCUPATIONALLY ENLIVENING ENVIRONMENTAL PRESS

PERSON WITH DEMENTIA

OCCUPATIONAL PROFILE

- Occupational history
- Current preferences and needs
- Retained cognitive, sensory, physical, social, and emotional capacities



QUALITY OF LIFE
OUTCOMES AND INDICATORS

TIME USE

OCCUPATIONAL ENGAGEMENT

- Engaged gaze
- Movement and mobility
- Communication
- Activity participation

ABILITY TO FUNCTION

BEST ABILITY TO FUNCTION

- Use of retained capacities
- Optimal functional competence

RELATIVE BEING

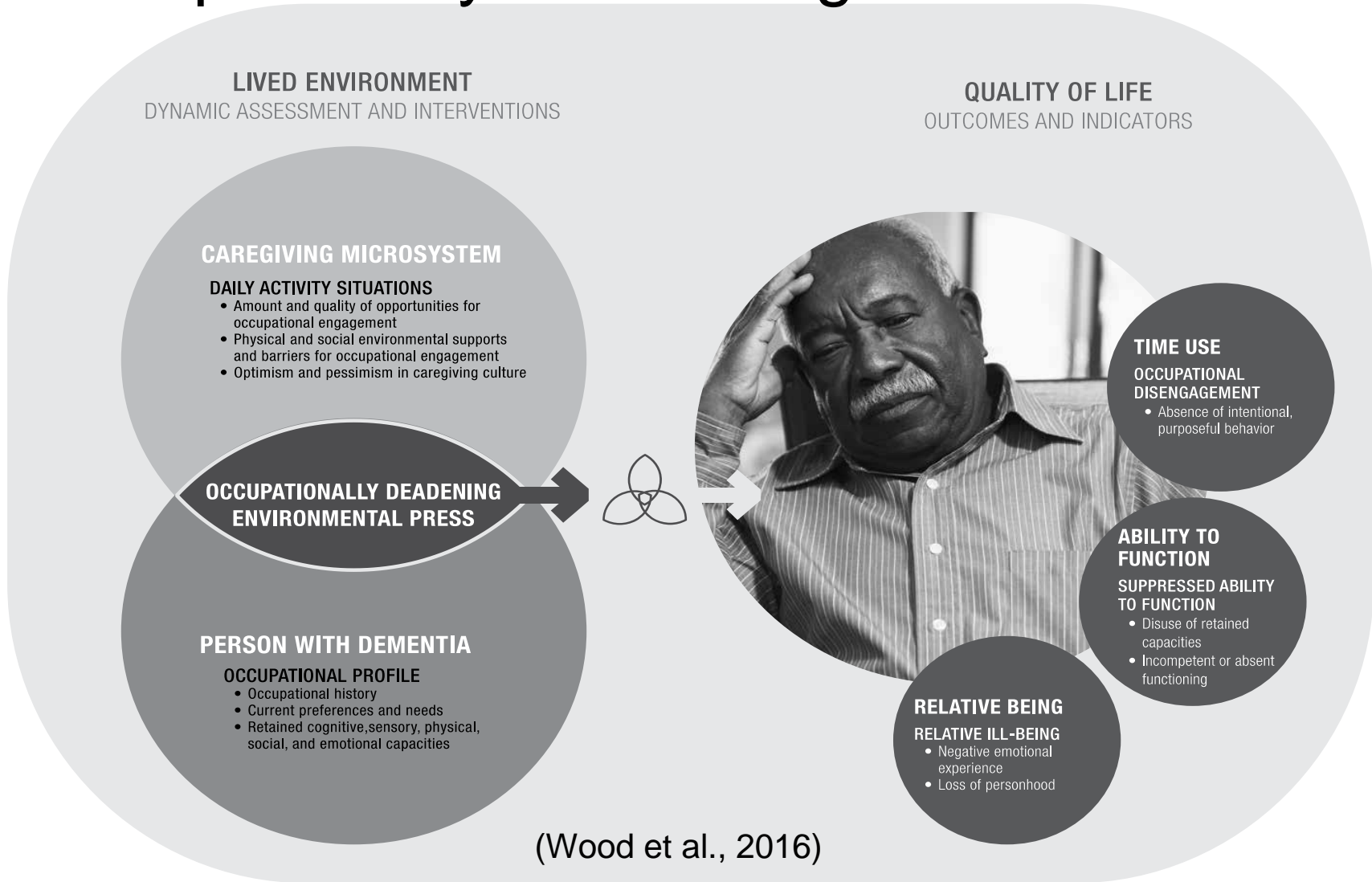
RELATIVE WELL-BEING

- Positive emotional experiences
- Personhood



(Wood et al., 2016)

Occupationally Deadening Transaction



Dementia Care Approaches

- **Environmental approaches** vs. pharmacological approaches
- **Animal-assisted interactions (AIs)**

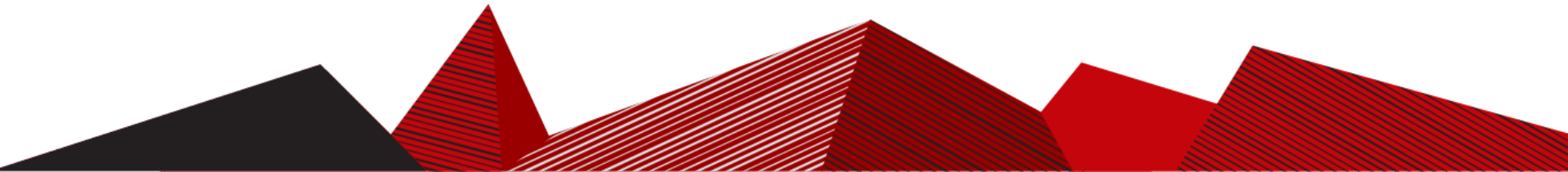
(Churchill, Safaoui, McCabe, & Baum, 1999; Greer, Pustay, Zaun, & Coppens, 2002; Kongable, Buckwalter, & Stolley, 1989; Padilla, 2011; Small et al., 1997)

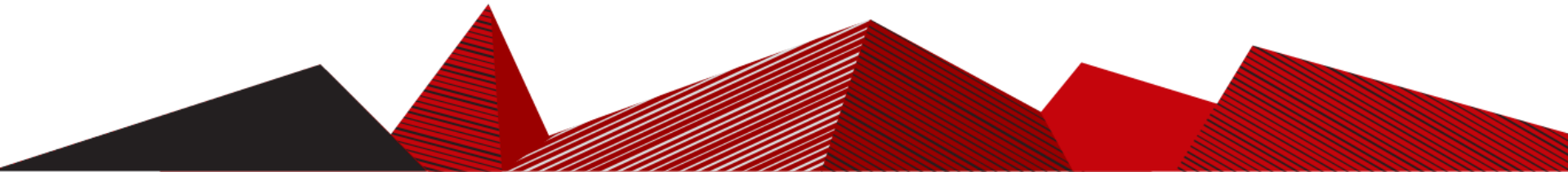




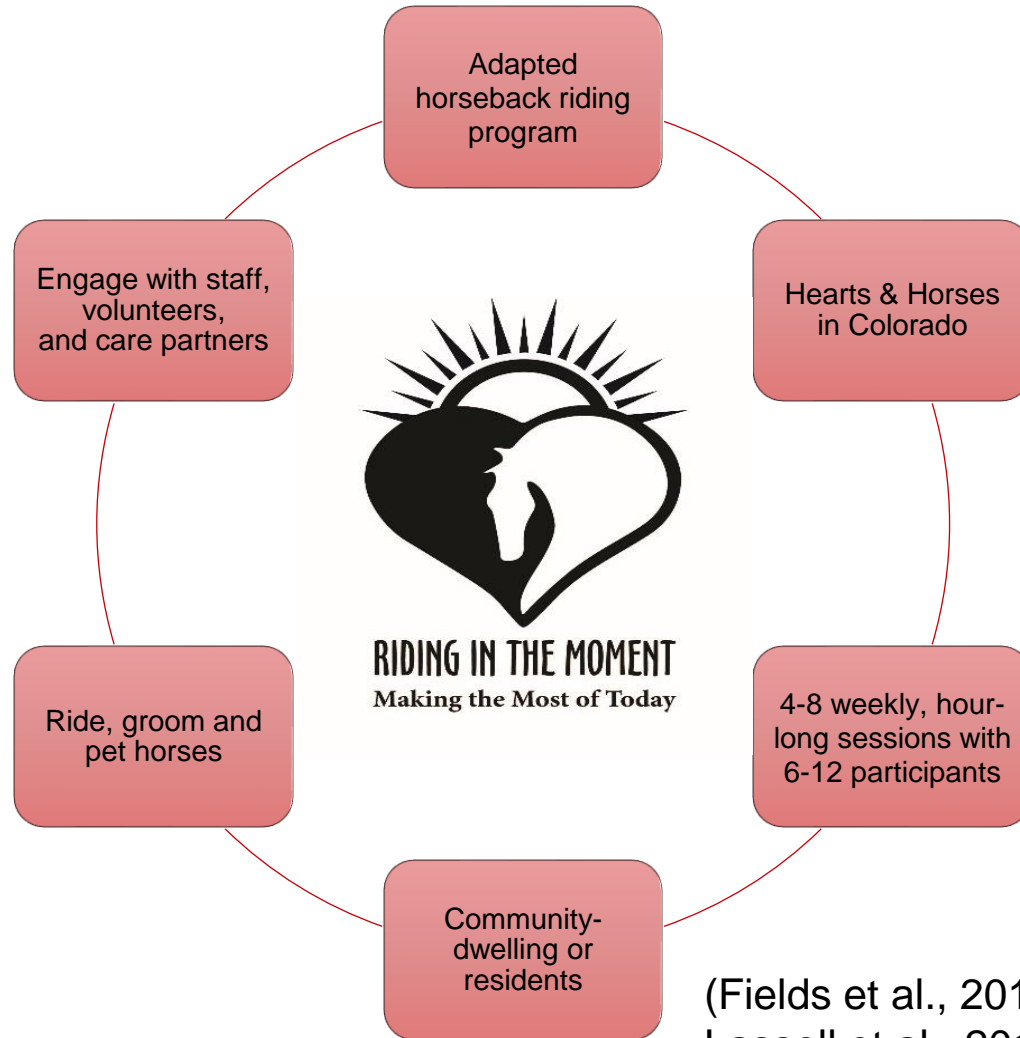
RIDING IN THE MOMENT

Making the Most of Today





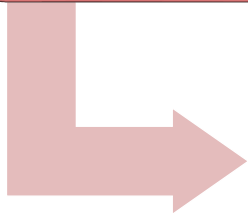
Overview of the Program



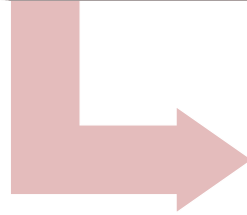
(Fields et al., 2018; Fields et al., 2019; Lassell et al., 2019; Wood et al., 2021)

Participant Enrollment and Assessment

Initial
Recruitment



Initial
Assessment



Enrollment packet includes:

- Intake form
- Physician release
- Policy of- confidentiality, visit cancellation, photo/video
- Release of liability
- Infectious disease acknowledgment

Begin
Program
Session



Example of Visit Structure

ARRIVAL

(first 15 minutes)

- Greetings
- Help participants and care partners to the arena
- Decide if engaging in mounted and/or ground activities that day

ACTIVITIES

(middle 30 minutes)

- Mounted and Ground
 - 15 minutes riding
 - 15 minutes of farm chores
- Ground Only
 - 15 minutes grooming
 - 15 minutes feeding horses

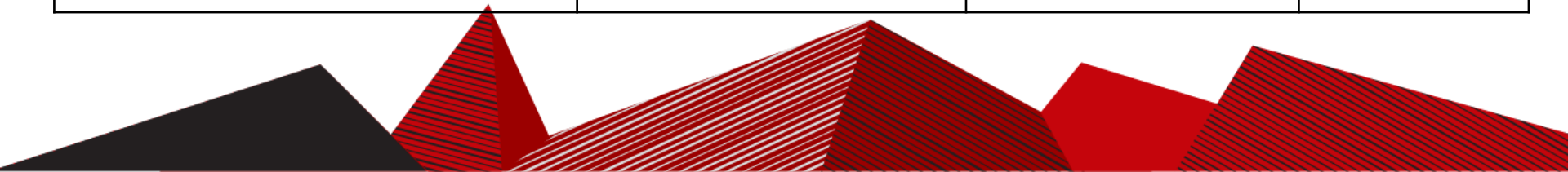
WRAP UP

(final 15 minutes)

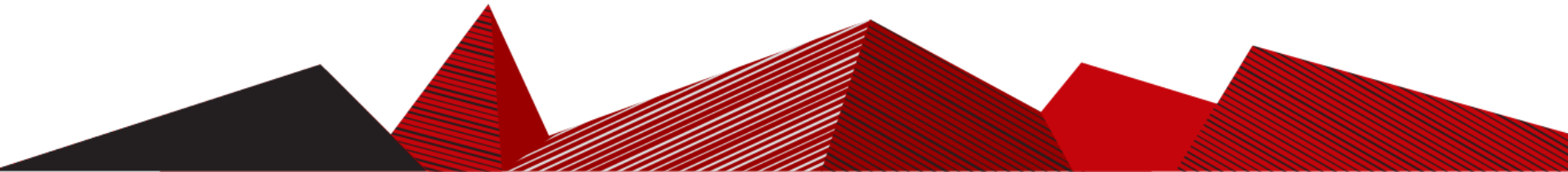
- Goodbyes
- Debrief care partners

Targeted Outcomes of the Program

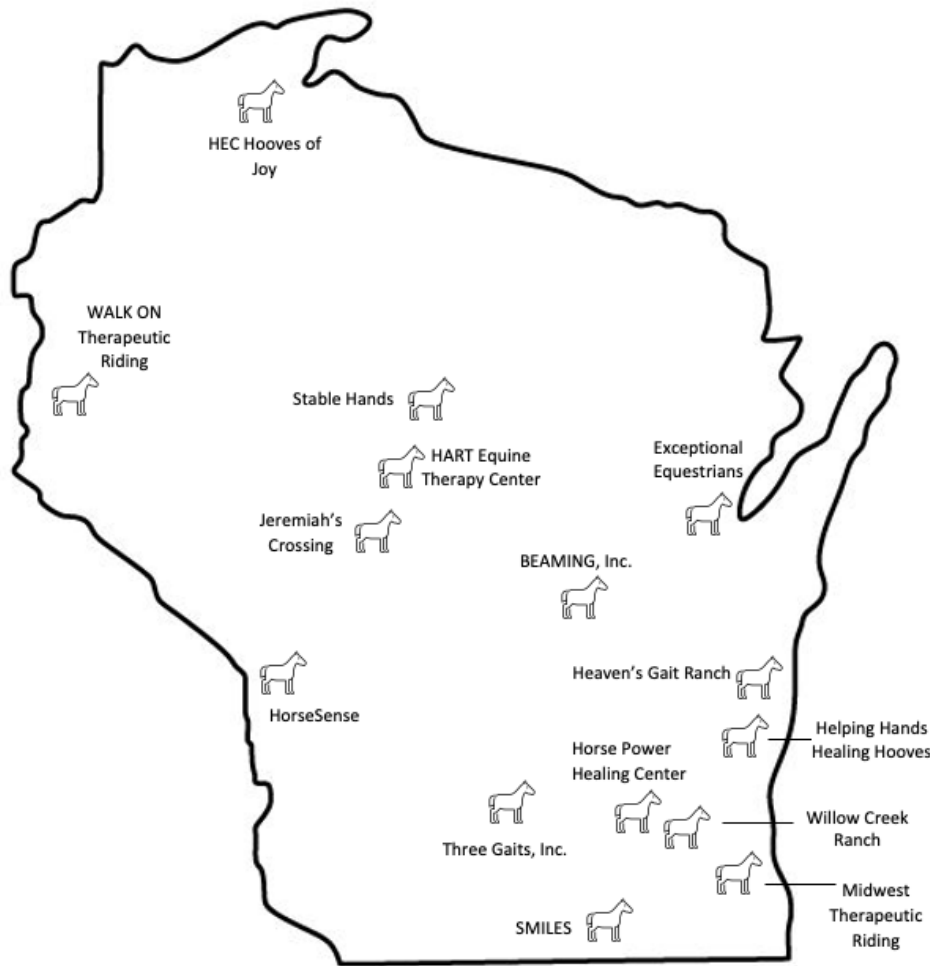
Measure	Indicator	Timing	Expected Results
<u>Global Health</u> (PROMIS Health Organization and PROMIS Cooperative Group, 2016)	Overall health and quality of life, functional status, well-being	Given during initial assessment and at last visit	Improvement
<u>DEMQOL-Carer</u> (Brighton and Sussex Medical School, n.d.; Mulhern et al., 2013)	Health-related quality of life of people with dementia	Given during initial assessment and at last visit	Improvement
<u>Falls and Fall Risk Screen</u>	# of reported falls and evaluation of fall risk	Given during initial assessment and at last visit	Reduction
<u>Care Partner/Participant Experience Survey</u>	Post-program feedback about the <i>Riding in the Moment</i> program	Given at last visit	Satisfaction



Evidence for the Program



Need for Program in Wisconsin



Estimated 115,000
Wisconsin residents living
with dementia

(Wisconsin Department of Health Services, 2015)

No therapeutic horseback
riding center included
established dementia
programming

Partners



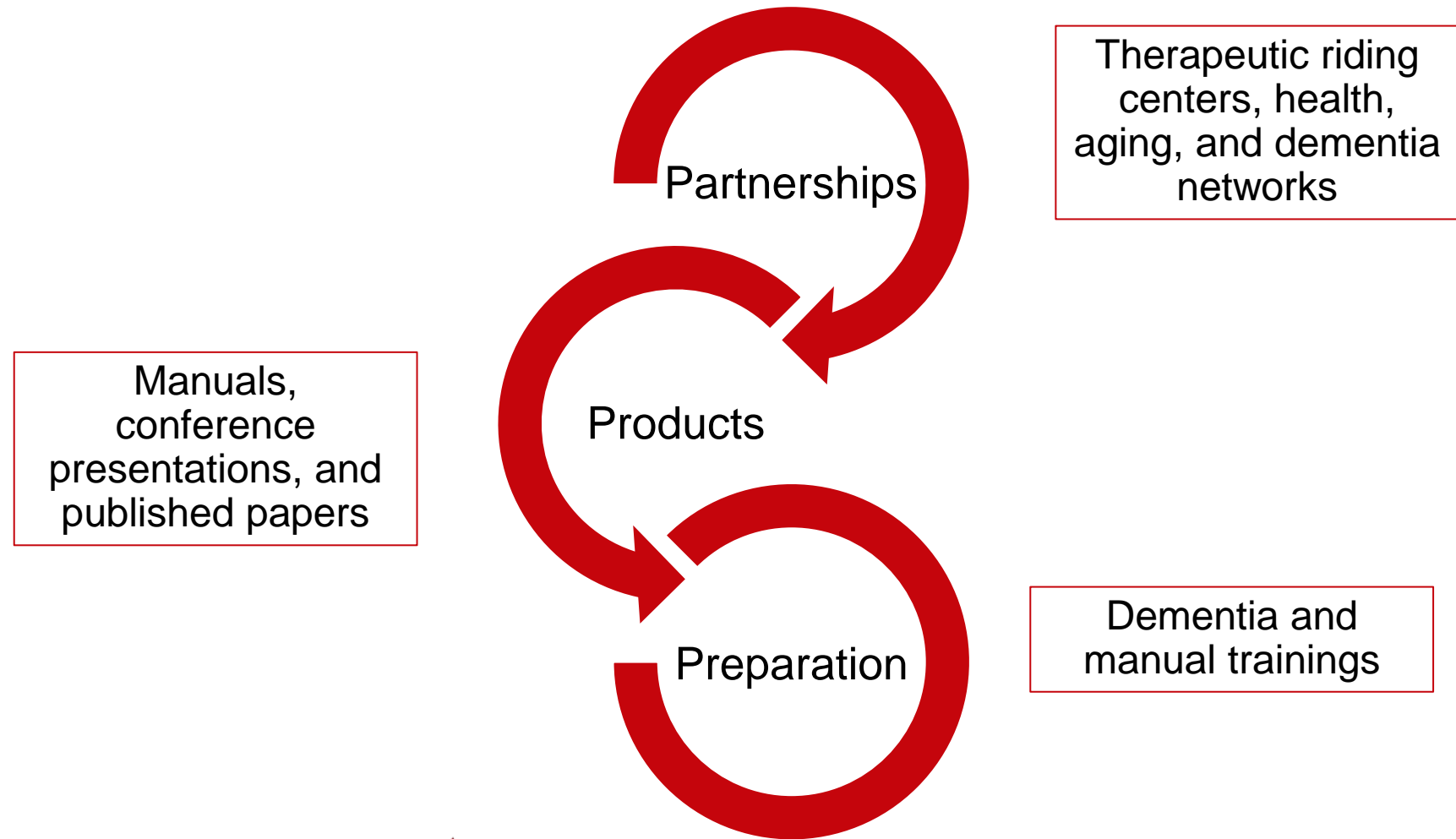
**Community-Academic
Aging Research Network -
CAARN**

Educational Research Center

BEAMING Inc.

Equine-Assisted Therapeutic Riding

Steps for Successful Implementation



Therapeutic riding centers, health, aging, and dementia networks

Manuals, conference presentations, and published papers

Dementia and manual trainings

Case Example: Rick

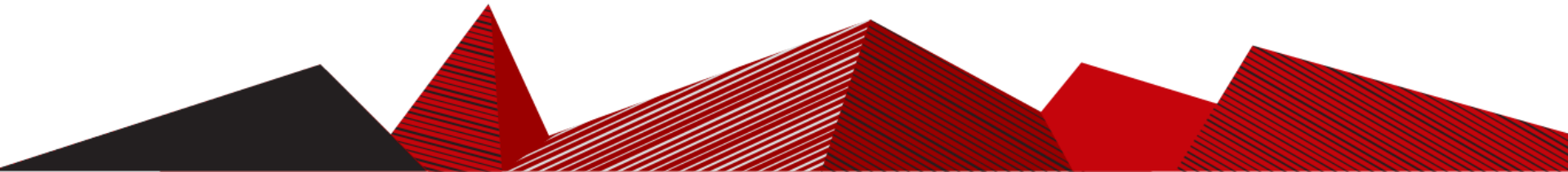


- Early onset Alzheimer's disease
- Riding horses since his childhood on a ranch in CO
- Able to mount horse with minimal assistance
 - Muscle memory
- “Woke up” when he started to groom a few horses—wife
- Smiling and laughing the entire sessions
- “That was fun”—Rick

Next Steps

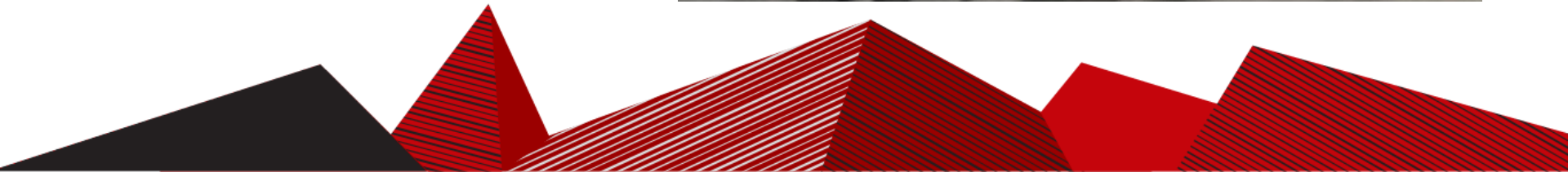
Human Animal Bond Research Institute Grant Proposal

- Objective 1: Assess the feasibility of 8 weekly standardized Riding in the Moment visits at a therapeutic horseback riding center.
- Objective 2: Estimate the size of the effects of the Riding in the Moment program, in comparison to a control group, on quality of life.



Summary

- Support the person living with dementia and their care partner
- Understand environmental influences of activity situations
- Contribute to and advance community-based, dementia programming



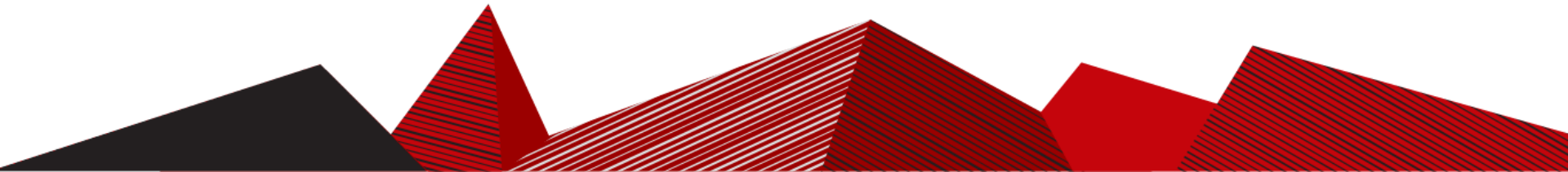
Q&A Time!

For follow-up information, contact:

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To purchase program manuals, visit:

<https://heartsandhorses.dcopy.net>



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