



Riding in the Moment™ : Program background and lessons learned

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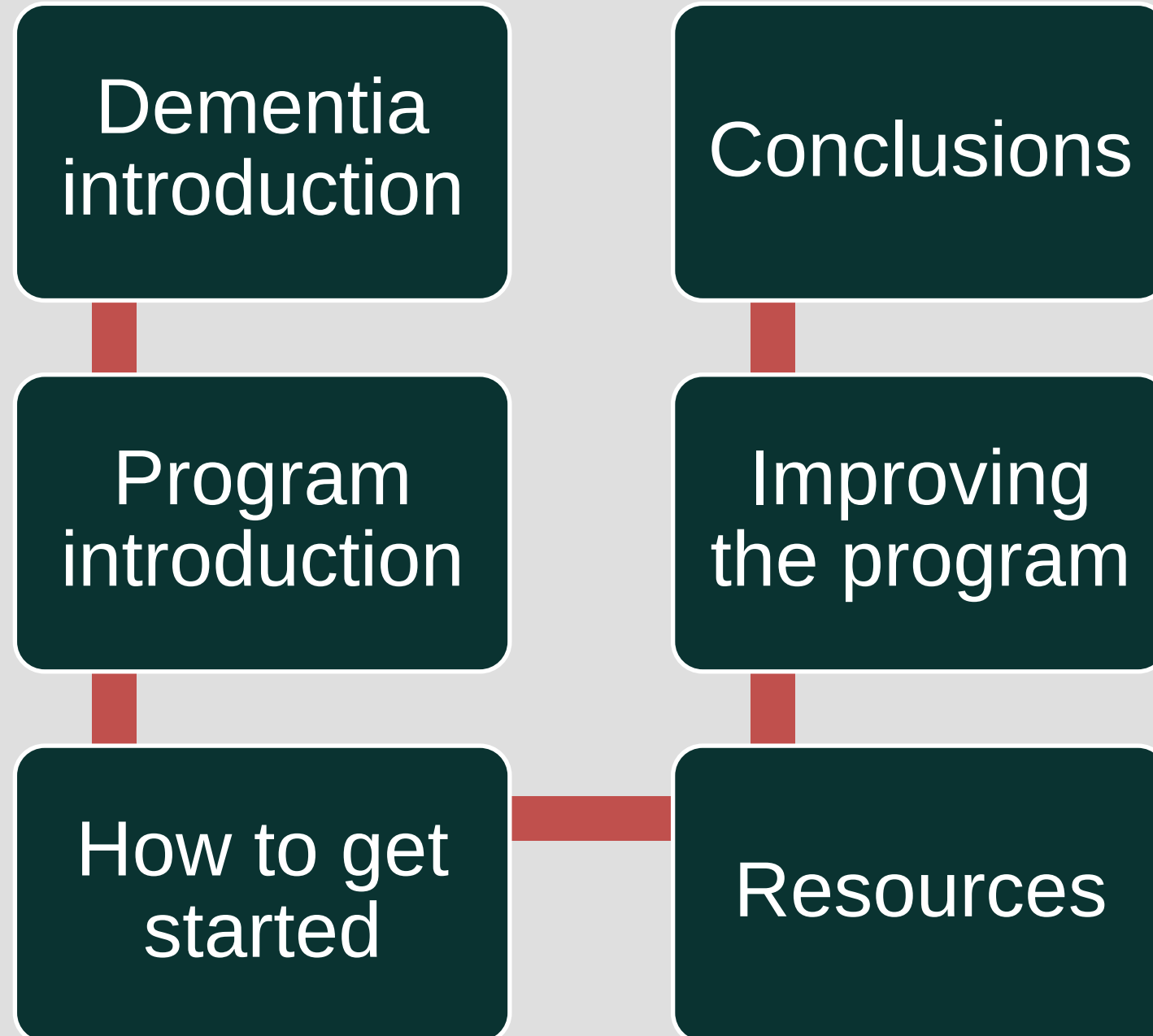
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Disclosure- Financial Relationships

- Employed at the University of Wisconsin-Madison
- UW receives royalties from Hearts & Horses based on sales of manuals for Riding in the Moment™ program
- Research funded by the Wisconsin Partnership Program

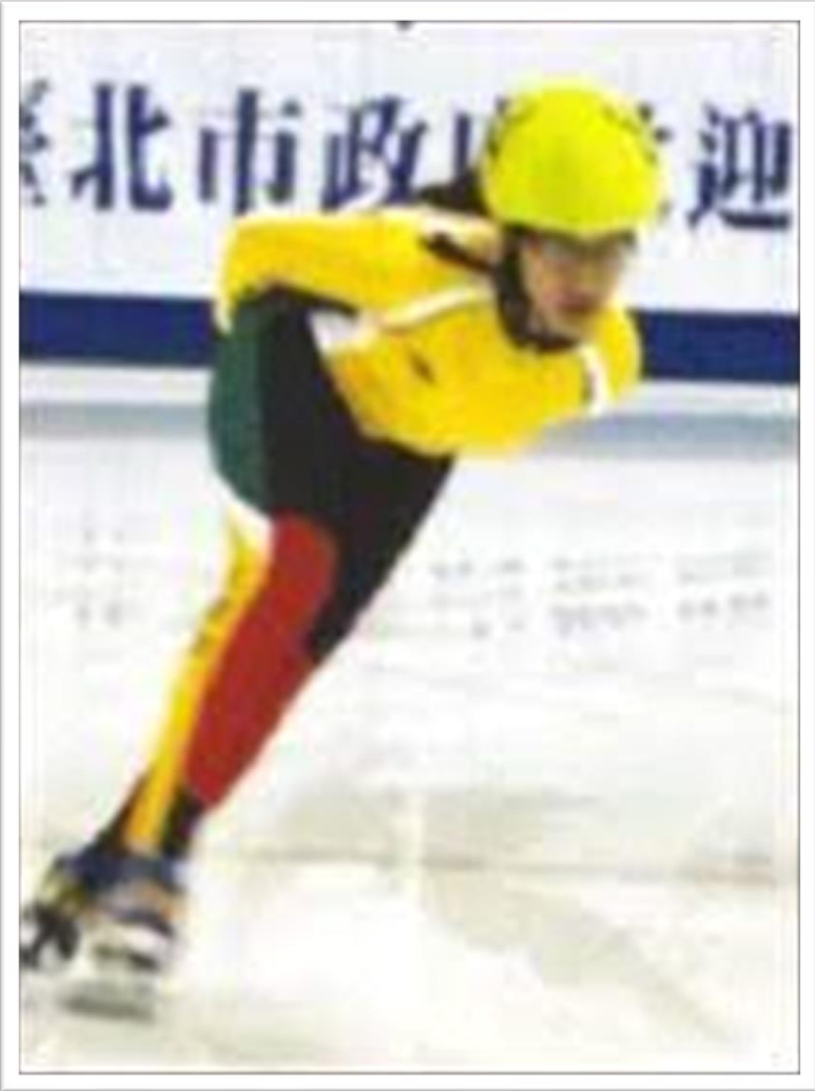
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Learning Objectives

- Understand the background and justification for Riding in the Moment™
- Understand the importance for growing Riding in the Moment™
- Describe the structure of the program
- Explain how a center could get started with implementing Riding in the Moment™
- Learn what resources will be accessible if a center chooses to start implementing Riding in the Moment™
- Understand the importance of program evaluation and quality improvement

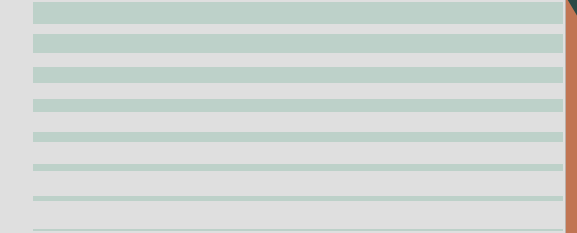
Benazir Background



Melissa Background

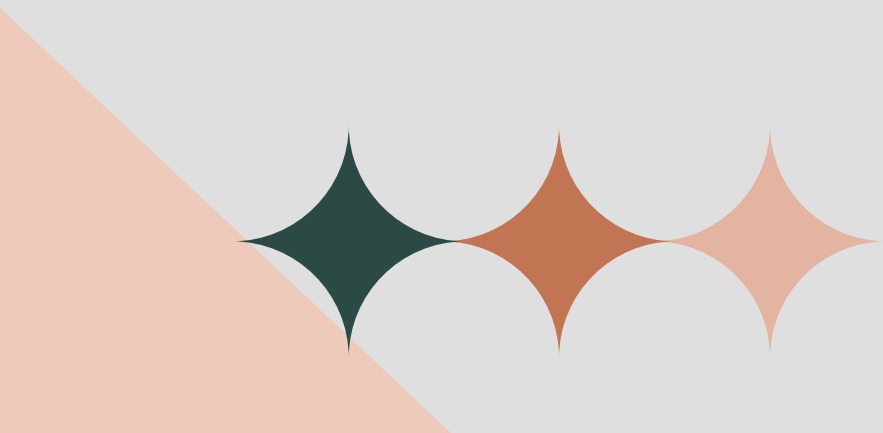


Abby Background

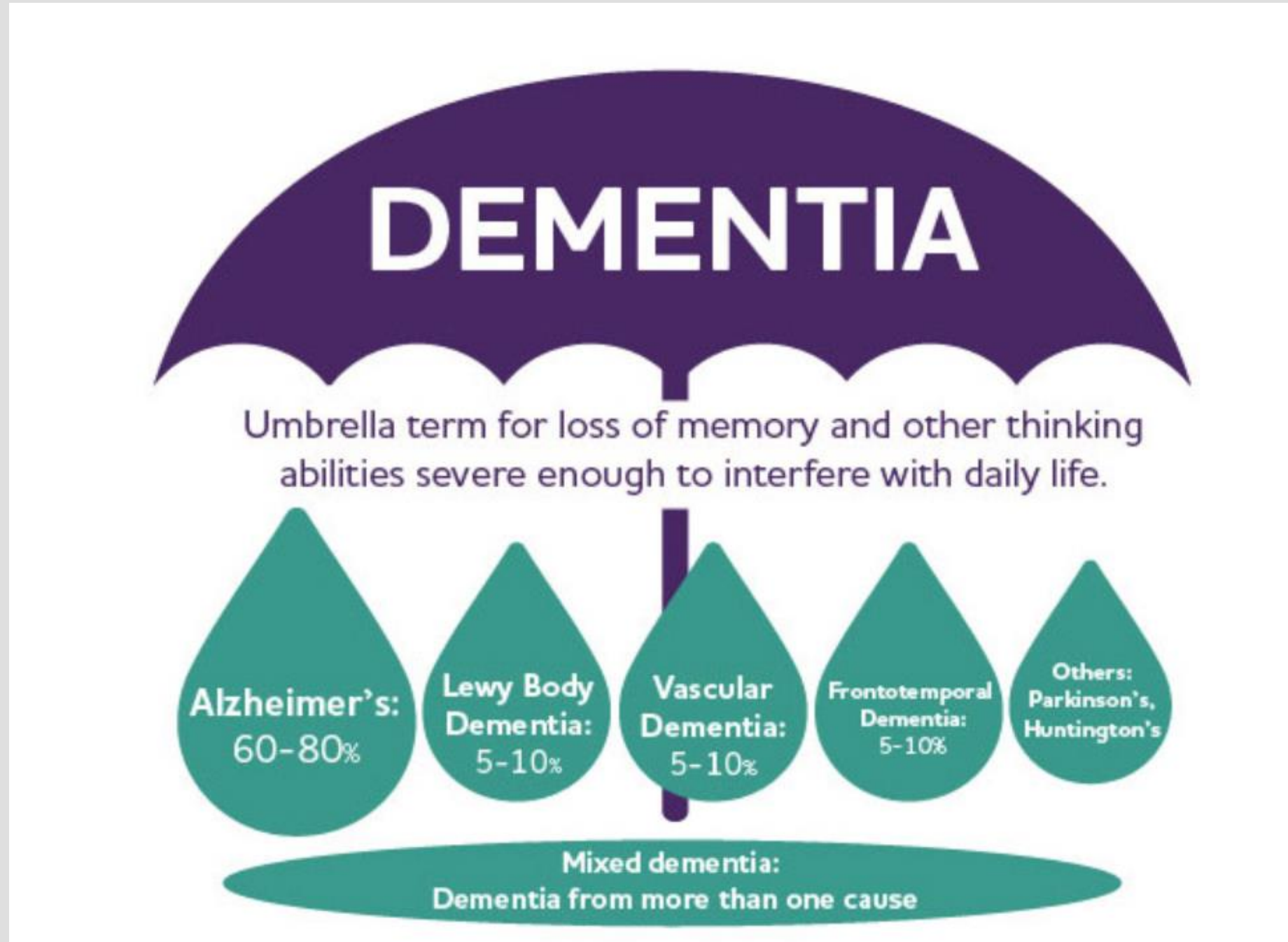




Introduction



What is Dementia



(Elevation, 2025)



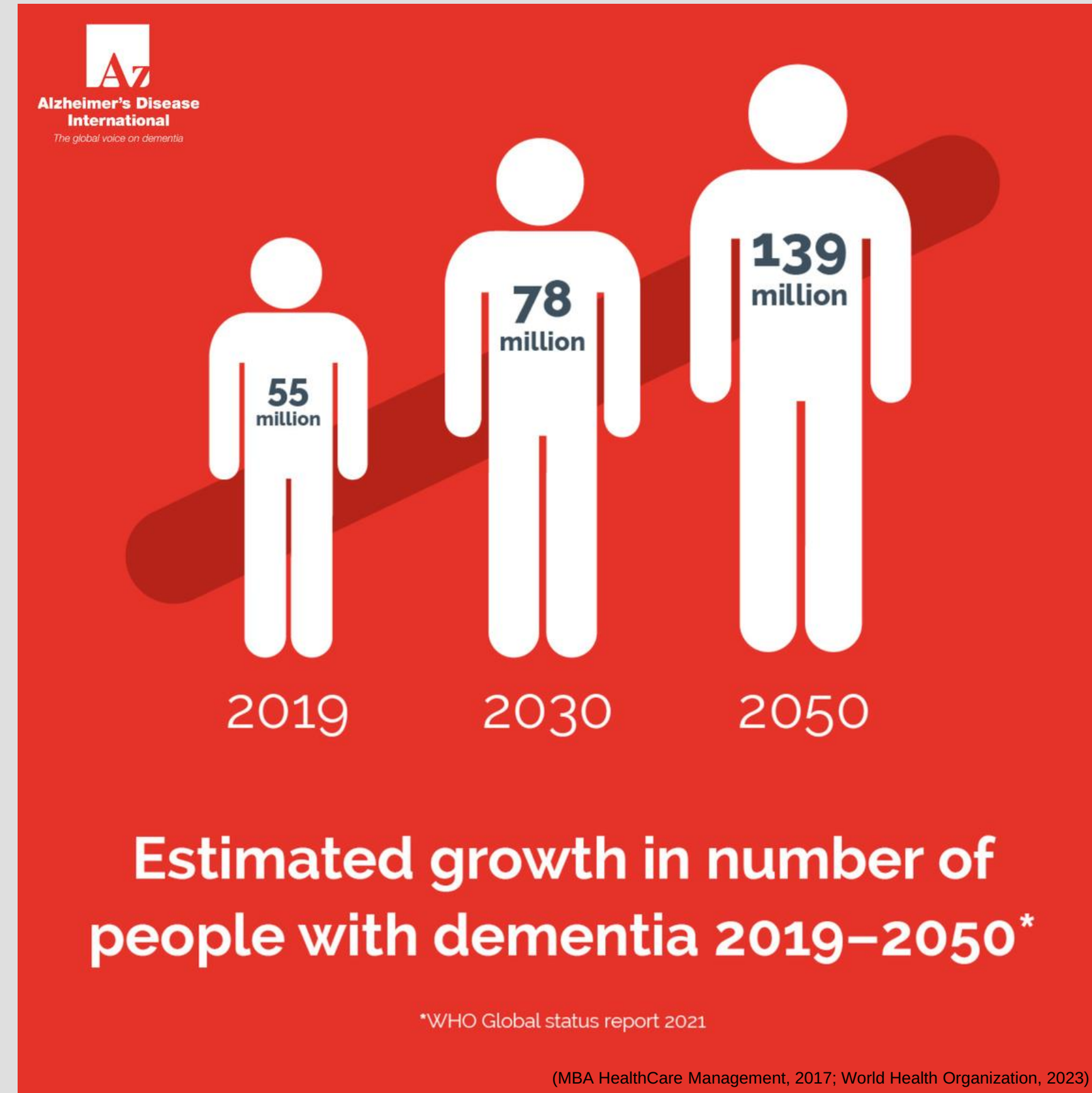
Photo credit: SV Photography

Characteristics and Stages

	Stage 1 Early (mild) stage	Stage 2 Middle (moderate) stage	Stage 3 Late (severe) stage
Memory Impairments	<ul style="list-style-type: none"> • Repeating themselves • Inability to arithmetic or read 	<ul style="list-style-type: none"> • Unable to dress independently • No name recognition • Loss of spatial awareness 	<ul style="list-style-type: none"> • No short term memory • Some long term memory • No facial recognition
Speech Impairments	<ul style="list-style-type: none"> • Substituting words • Incomplete sentences 	<ul style="list-style-type: none"> • Incomprehensible speech 	<ul style="list-style-type: none"> • Gibberish
Physical Impairments	<ul style="list-style-type: none"> • Parkinsonism • Clumsiness/falls • Poor coordination 	<ul style="list-style-type: none"> • Visual impairment: Depth and contrast perception • Severely decreased motor skills 	<ul style="list-style-type: none"> • Incontinence • Parkinsonism • Difficulties eating, swallowing, drinking
Behavioral Instability	<ul style="list-style-type: none"> • Wandering • Delusions/paranoia • Confusion 	<ul style="list-style-type: none"> • Wandering/anxiety • Hallucinations/paranoia • Sleep apnea 	<ul style="list-style-type: none"> • Wandering
Emotional Instability	<ul style="list-style-type: none"> • Anxiety • Agitation • Mood swings 	<ul style="list-style-type: none"> • Apathy • Aggression 	<ul style="list-style-type: none"> • Aggression • Mood swings

Dementia Epidemic

- More than **55 million** people have dementia worldwide
- **Nearly 10 million** new cases of dementia each year worldwide
- New case of dementia every **3 seconds**
- **7th** leading cause of death



Dementia Treatment



Conventional Practice

- Pharmacological treatment
- Antipsychotic medications

Alternative Practice

- Environment-based approaches

(Padilla, 2011; Saltz et al., 2004; Treatments for Behavior, n.d.)



Program Introduction

Riding in the Moment™



RIDING IN THE MOMENT™
Making the Most of Today



Traci Edmondson-
Family Advocate

Walt Zerrenner-
Family Advocate



Karen Coppola-Certified
Dementia Practitioner

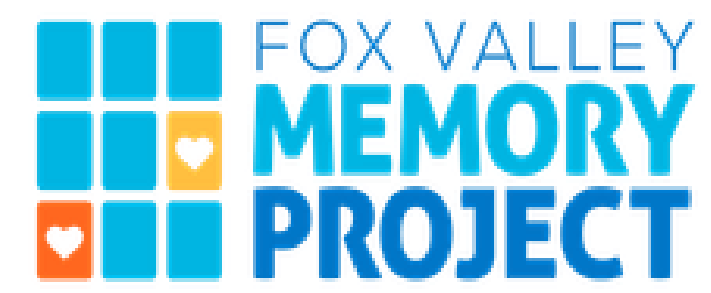
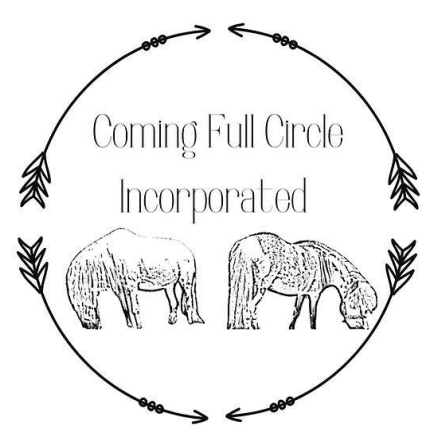
Marny Mansfield-Associate
Professor, Suny Cobleskill



Rebecca Lassell-OT,
New York University



Community/Academic Team

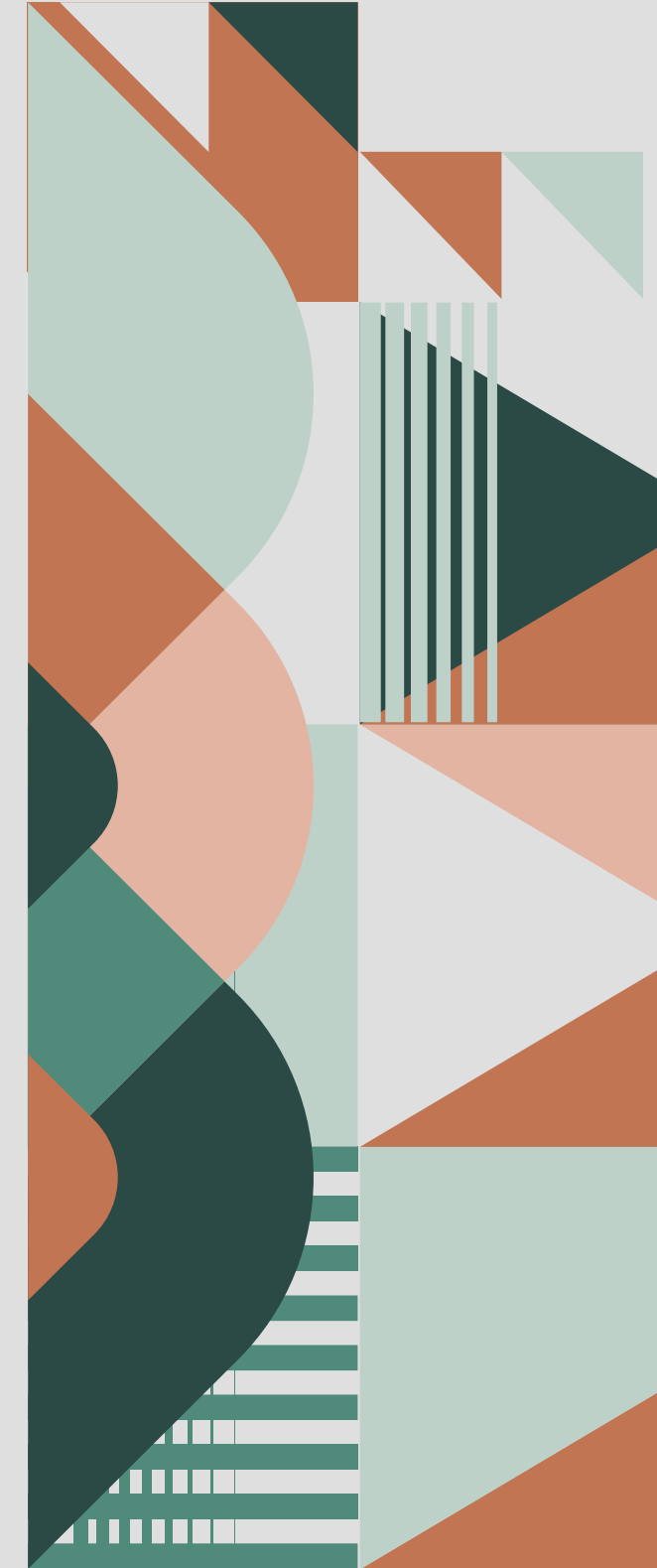


Riding in the Moment™ Manuals

Riding in the Moment™ *Implementation Manual*

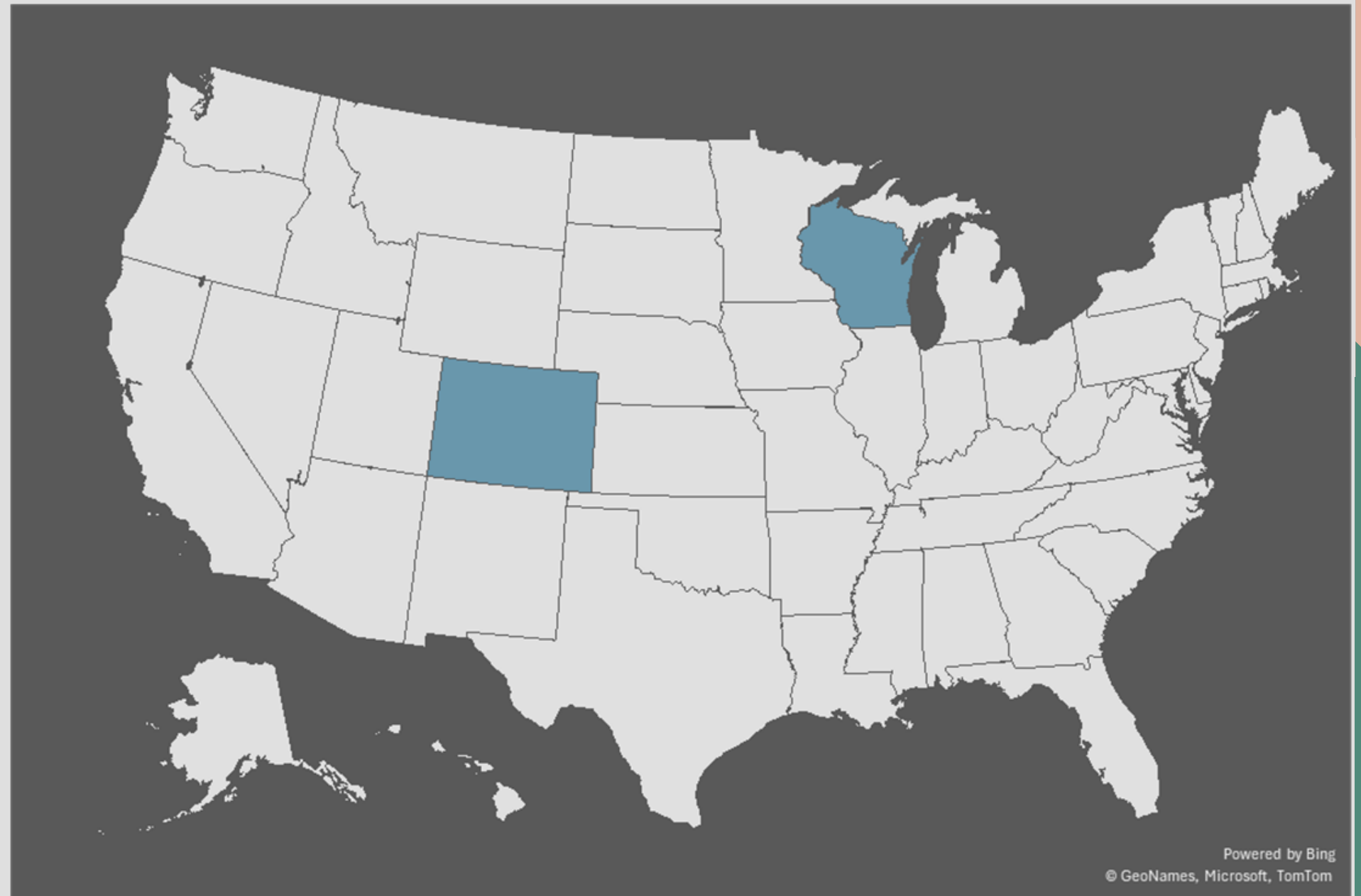


Riding in the Moment™ *Curriculum Manual*

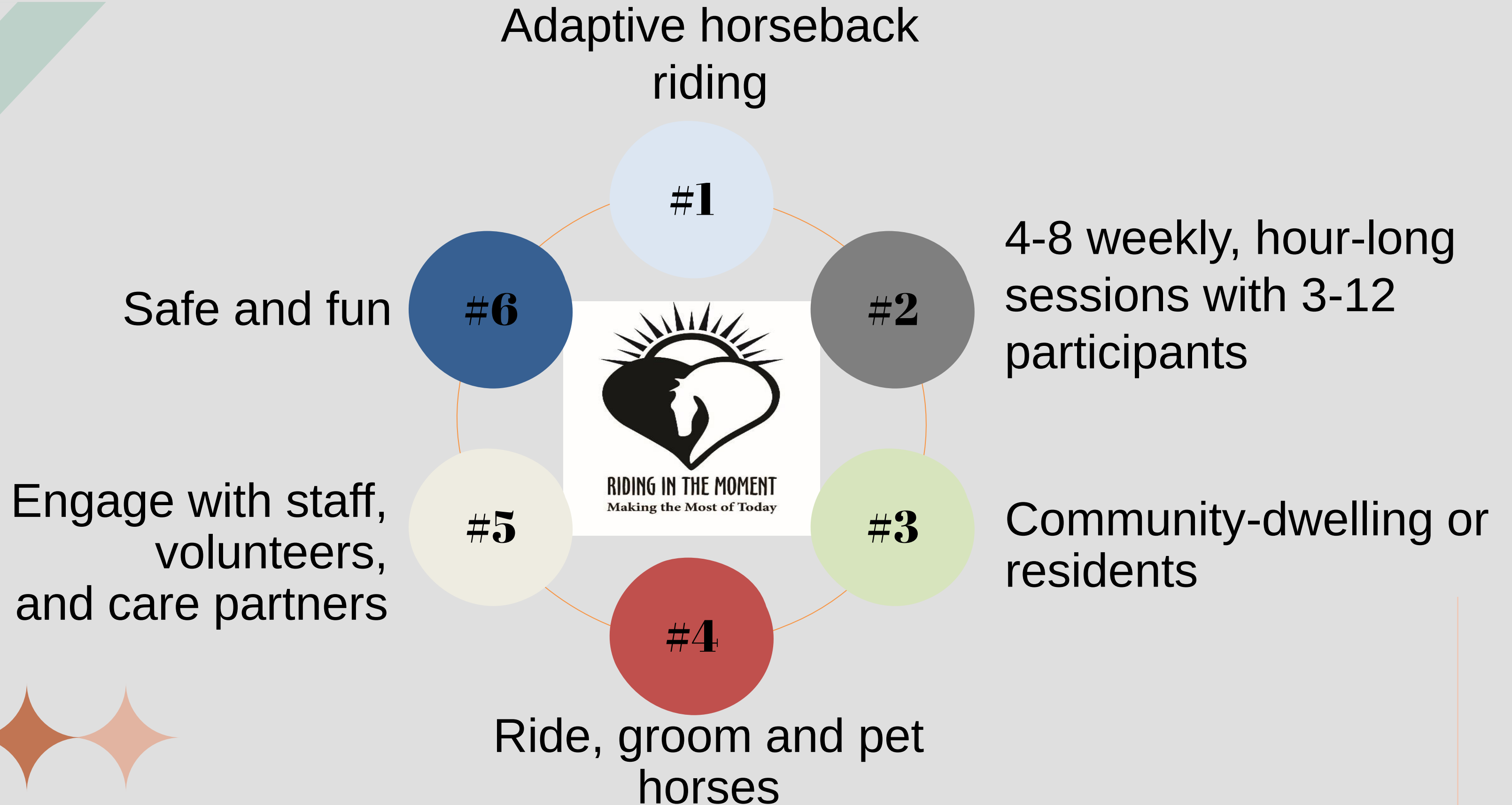


Where is Riding in the Moment™ offered?

- ❖ Hearts & Horses- Loveland, CO
- ❖ Beaming, Inc.- Neenah, WI
- ❖ Three Gaits, Inc.- Stoughton, WI
- ❖ Coming Full Circle, Inc- Winneconne, WI-starting Spring 2025



Overview of Riding in the Moment™



Outcomes We Collect



Quality of Life

PROMIS Global Health



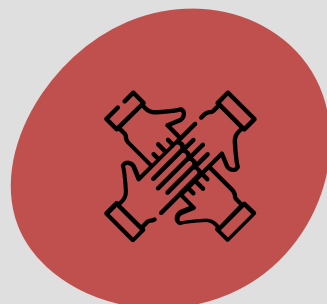
DEMQoL

Dementia quality of life



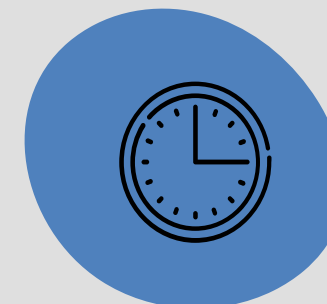
Satisfaction

End of program
experience survey



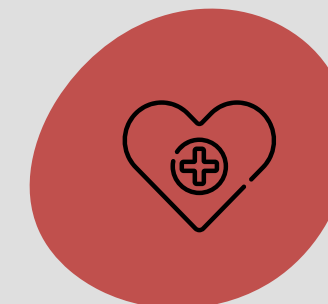
Burden

Caregiving



Balance

Timed up and go test



Participant Info

Demographics and
health

Evidence for the Program

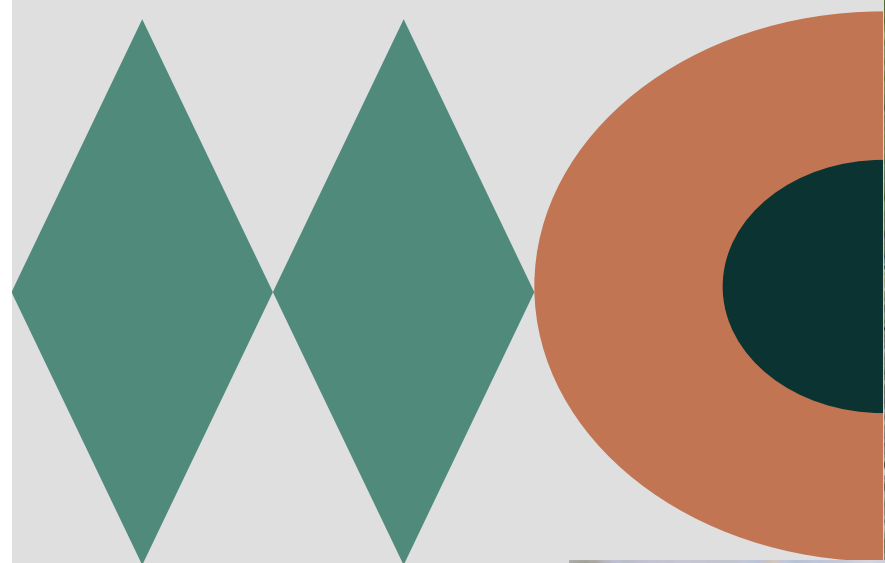
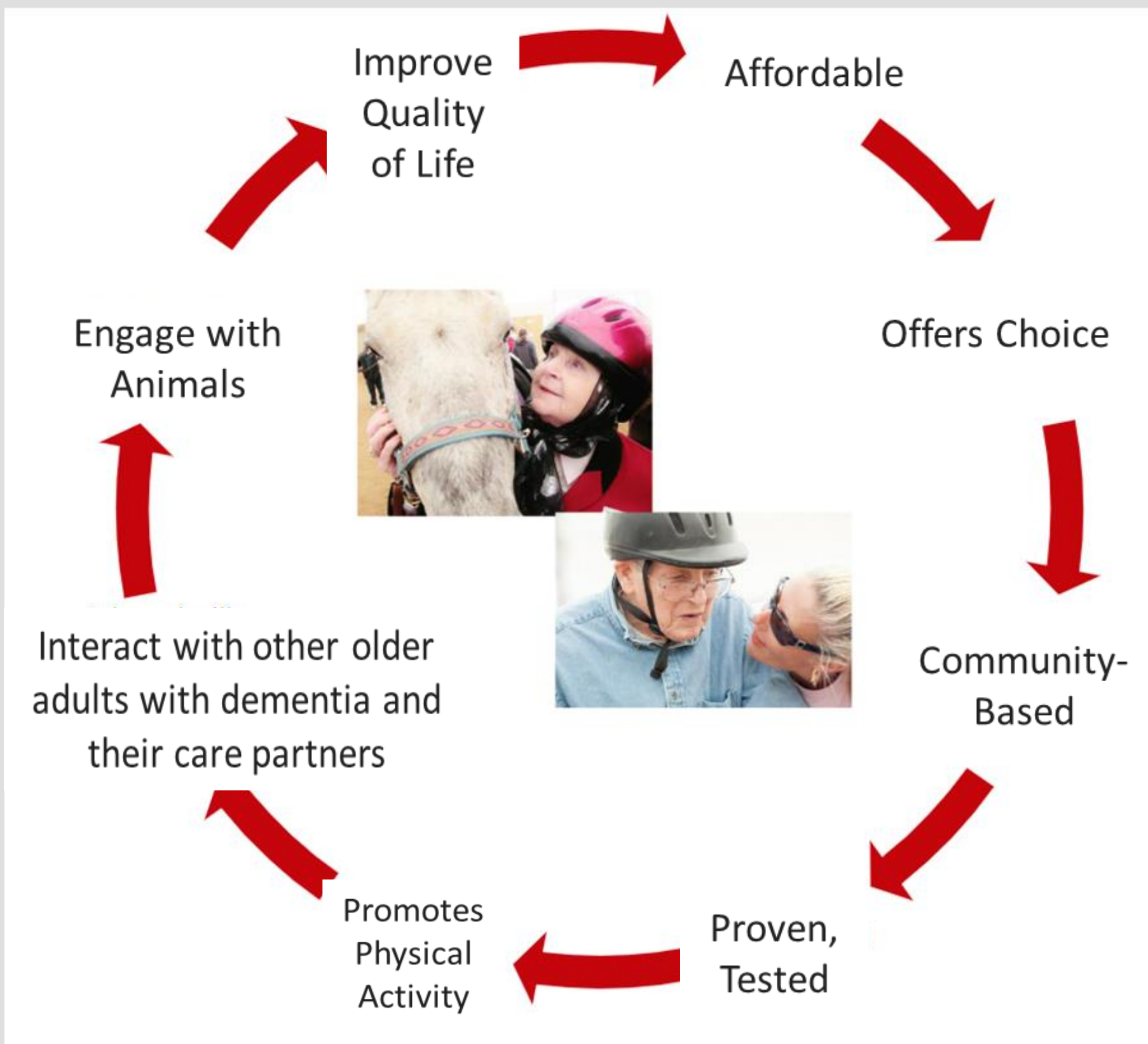


Photo credit: SV Photography

Who Can Participate?

Must have:

- Dementia diagnosis
- Medical clearance from a physician
- Designed for adults living with mild to moderate stages of dementia



Participant Enrollment and Assessment

Initial Recruitment

- Program overview
- Enrollment packet
- Set-up date for initial assessment

Initial Assessment

- Return enrollment packet
- Pre-assessment measures and mounted barrel test
- Introduction to horse and staff
- Decision on eligibility

Begin Program Session

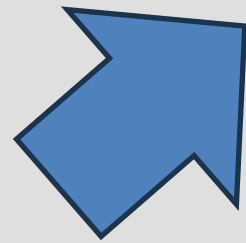
Riding Eligibility

- Maintain a stable sitting position
- Willingly mount the barrel
- Follow mounted safety rules with at least 1-step directions for 20 minutes

participants that are not eligible to ride or do not wish to can still participate in Riding in the Moment™ through ground activities



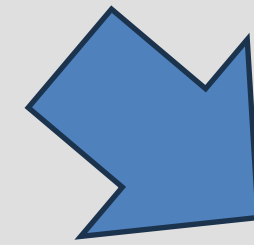
Visit Structure



Arrival
(first 15 minutes)

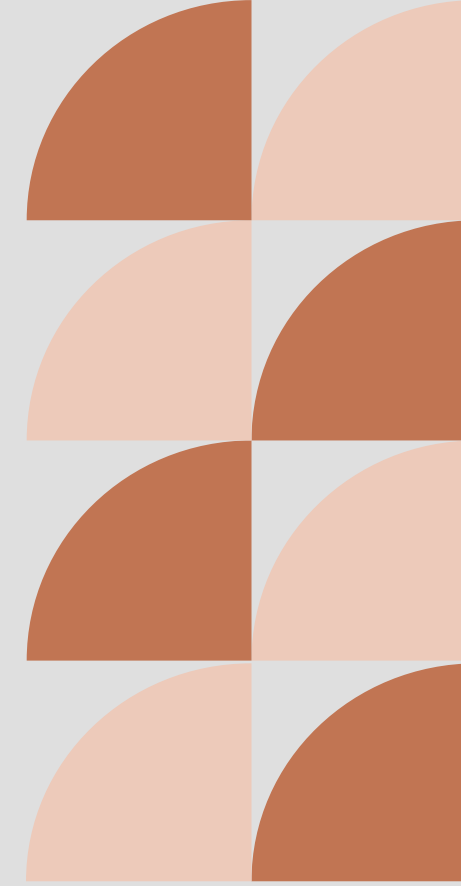


Activities
(middle 30 minutes)



Wrap Up
(final 15 minutes)





Example Activities (ground)

- Grooming
- Leading
- Scavenger hunt
- Painting
- Making horse treats



Photo credit: SV Photography





Example Activities (mounted)

- Egg and spoon race
- Scavenger hunt
- Tic-tac-toe
- Color sorting activity
- Rings
- Obstacle course

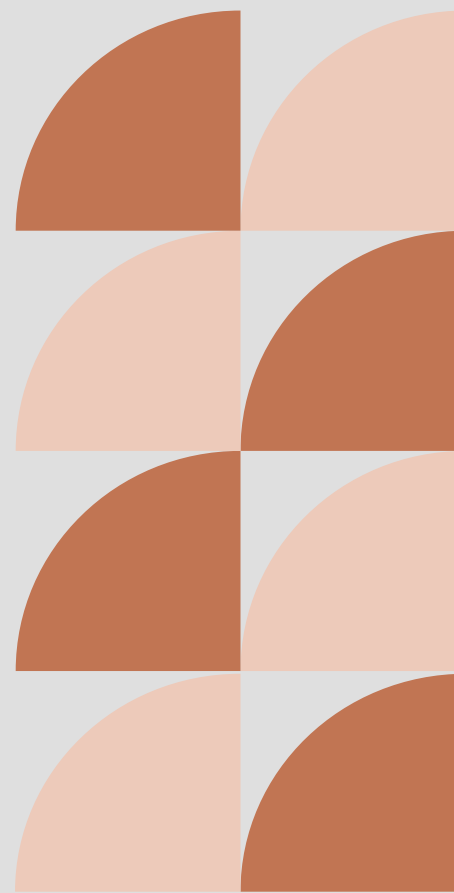


Photo credit: SV Photography



Promotional Video



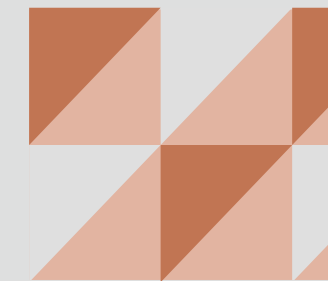
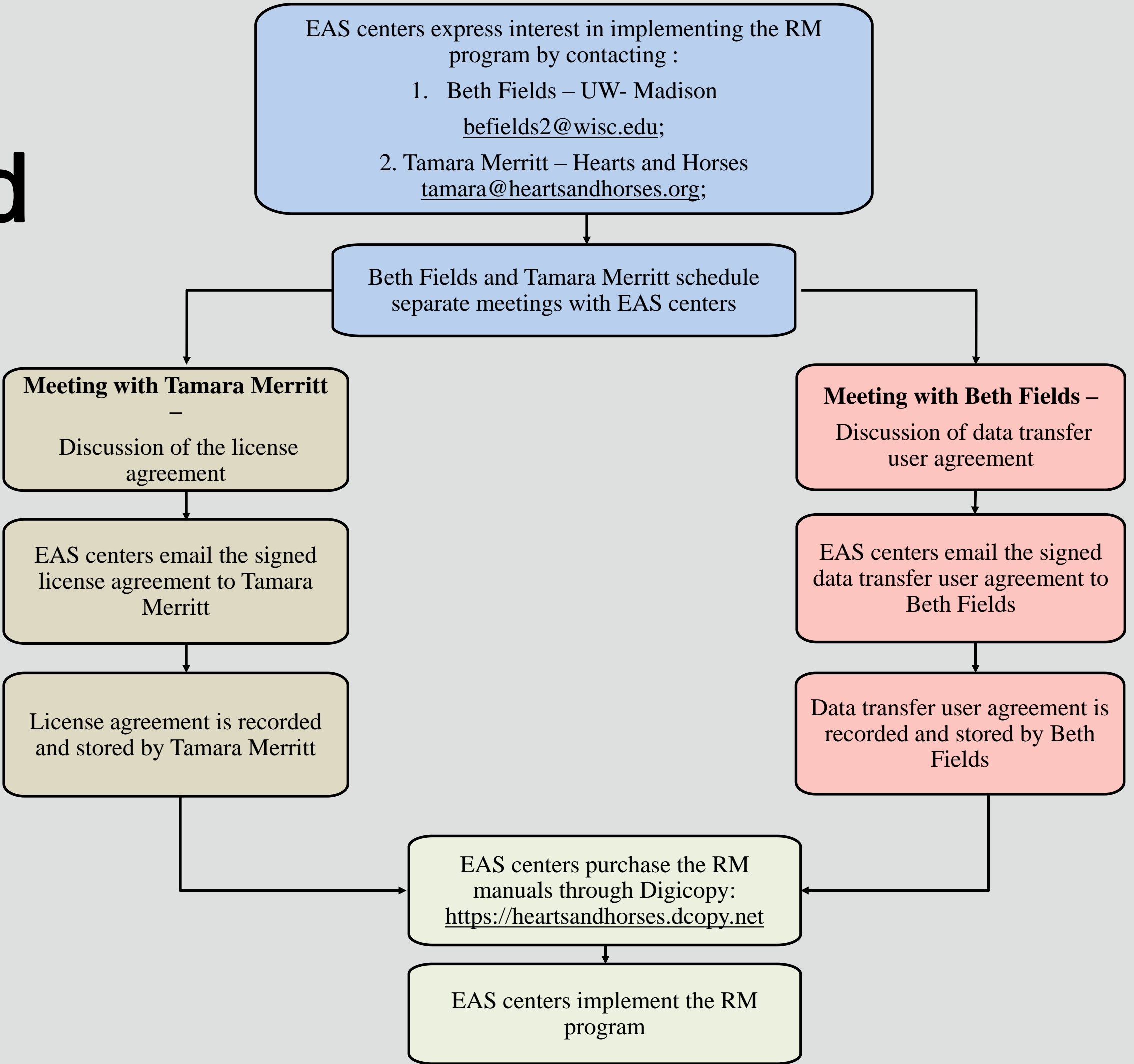
Video credit:
The DLC Effect

Resources to Get Started



Photo credit: SV Photography

Getting Involved



Requirements for a Center

PATH accredited/ or working towards accreditation

Necessary spaces & equipment

Insurance and legal considerations

Equine selection and welfare



Dementia Resources

- Alzheimer's Association
 - Find your local chapter
 - Webinars
 - Support
- Advocate. Connect. Educate of Southwest Minnesota (ACE)
 - Dementia awareness
 - Caregiver resources
 - Promoting early identification
- Minnesota Northstar Geriatrics Workforce Enhancement Program
 - Caregiver support
 - Dementia resources
- Minnesota Department of Health
 - Caregiver resources
 - Dementia support



Lessons Learned



Funding & Goals



Wisconsin Partnership Program

- University of Wisconsin School of Medicine and Public Health
- 3 years- starting in 2024
- Total of 42 participants

- **Goal 1:** Train staff and volunteers at Three Gaits on recommended Dementia and Riding in the Moment™ program practices.
- **Goal 2:** Offer an introductory Riding in the Moment™ program visit to 6 dyads at Three Gaits to gather feedback on the program from the local community and generate interest.
- **Goal 3:** Deliver Riding in the Moment™ program at Three Gaits to improve the health and QoL of 36 dyads.
- **Goal 4:** Evaluate the implementation and outcomes of Riding in the Moment™ program at Three Gaits.

Improving the Program



Pre-Implementation Phase Survey

- Who?
 - Volunteers and staff from Three Gaits. Inc (n=22)
- Qualtrics survey
 - *Likert scale questions*
 - “The content of this workshop met my expectations” and “I am satisfied with the length of the workshop.”
 - Response options: 1 = Strongly disagree to 4 = Strongly agree.
 - *Open-ended questions*
 - What did you like most about this workshop?
 - Do you have any suggestions (content, material, other) for improving this workshop?

Pre-Implementation Phase Survey (n=22*)

Participant Demographics

82% White

77% Female

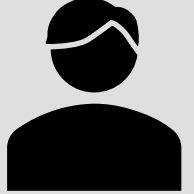
32% Retired

41% Master's degree or higher


55% Three Gaits Volunteers

*Two participants did not report demographics

Reflections from Staff and Volunteers



"Hands-on knowledge, engage a caregiver/ person with dementia"



"The simulated experience was extremely valuable. Also having been an elementary teacher for most of my life I noticed so many similarities to create in welcoming environments"

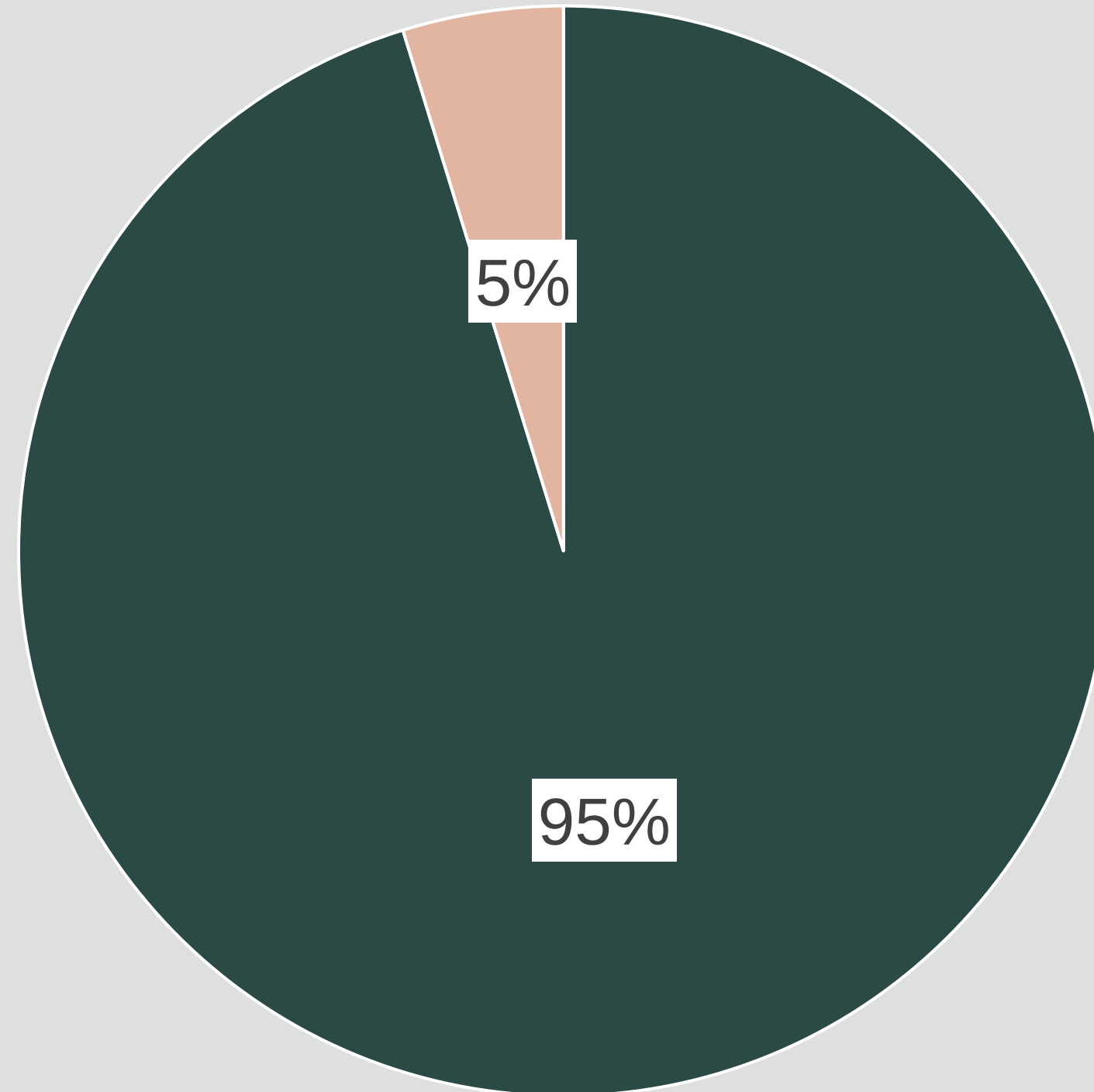
Satisfaction with Training

➤ I am satisfied with the following elements of the workshop:

Workshop Component	Response	Percentage (n=22)
Length of workshop	Strongly Agree/ Agree	95%
Training handouts		77%
Audiovisual material		90%
Presenter/facilitator		95%
Content covered on Dementia care practices		95%
Content covered on the Riding in the Moment™ program		95%

Overall Experience

Overall, I was satisfied with this workshop



■ Strongly agree/ Agree

■ Strongly disagree/ Disagree

Post- Implementation Phase Survey

- Who?
 - Volunteers (n=10) and staff (n=5) from Three Gaits. Inc
- Qualtrics survey
 - *Likert scale questions*
 - "How satisfied were you with the implementation of the Riding in the Moment™ program at Three Gaits?"
 - Response options: 1= extremely dissatisfied to 5= extremely satisfied
 - *Open-ended questions*
 - Overall, how would you describe your experience with Riding in the Moment™?

Post-implementation Phase Survey (n=15)

Participant Demographics

- 87% White
- 93% Female
- 54% Bachelor's degree or higher
- 67% Three Gaits Volunteer



Reflections from Staff and Volunteers

It was incredibly moving to see participants smile for the first time in months or to have them express a memory that was triggered by their experiences. Families seemed to be quite pleased with the progress of their loved ones.

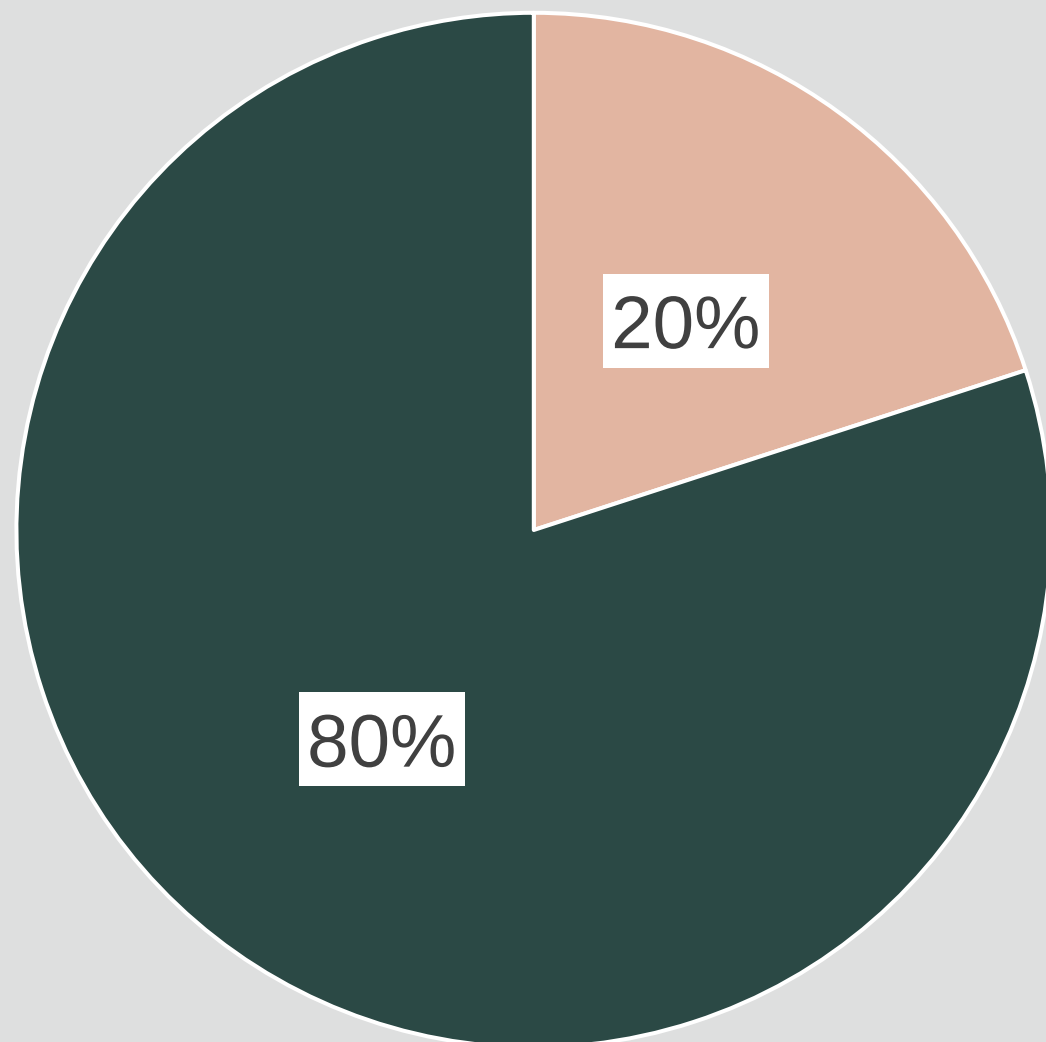


I always knew that being around horses impacts a person's wellbeing. Just standing next to them with your hands on them can be a very powerful connection. But, watching some of the participants from the first session to the last brought it to a whole new level. I am very fortunate to have been able to be of their experience and look forward to the next sessions.



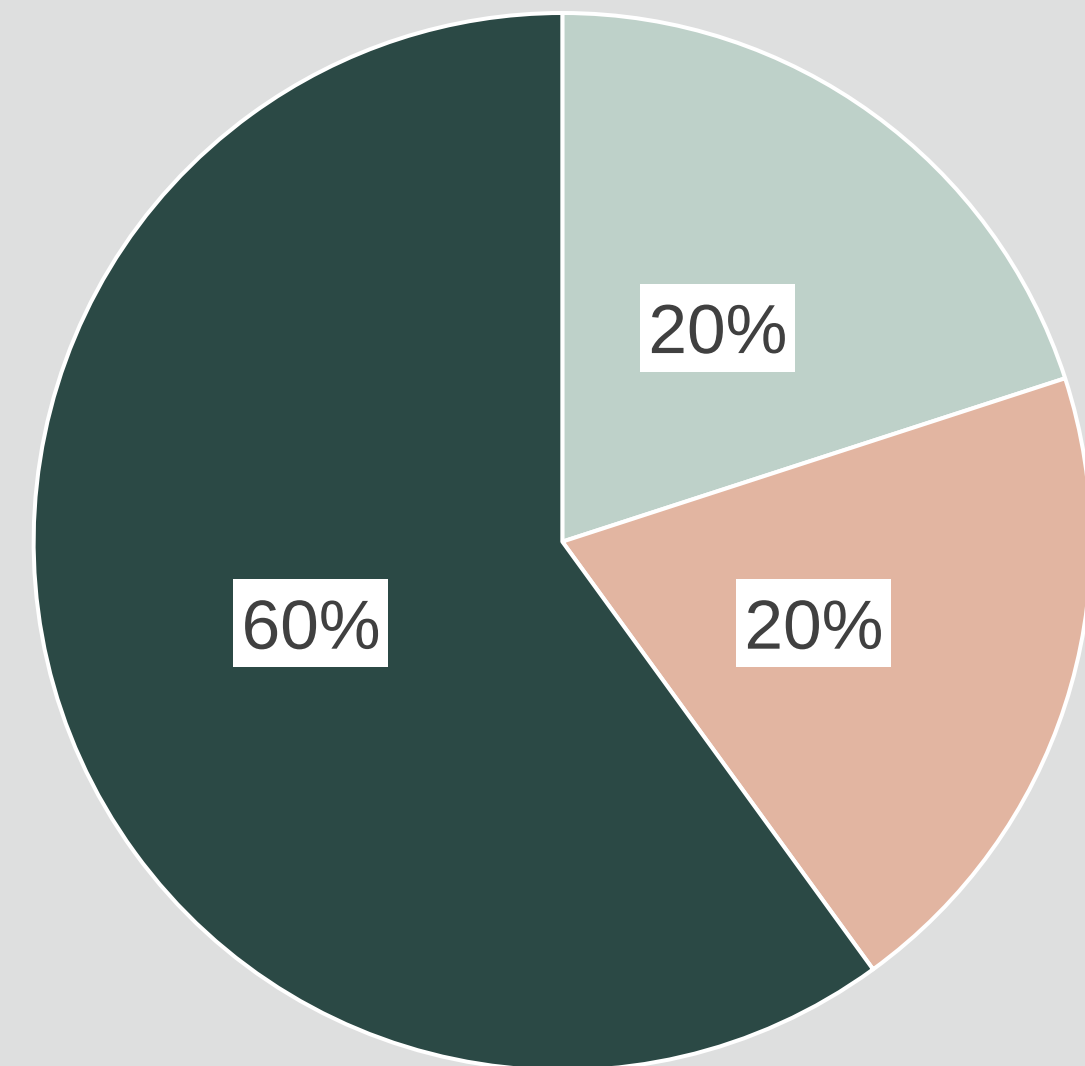
Satisfaction with the Program

How satisfied were you with how Riding in the Moment™ program was implemented at Three Gaits? --Volunteers



■ Somewhat satisfied ■ Extremely satisfied

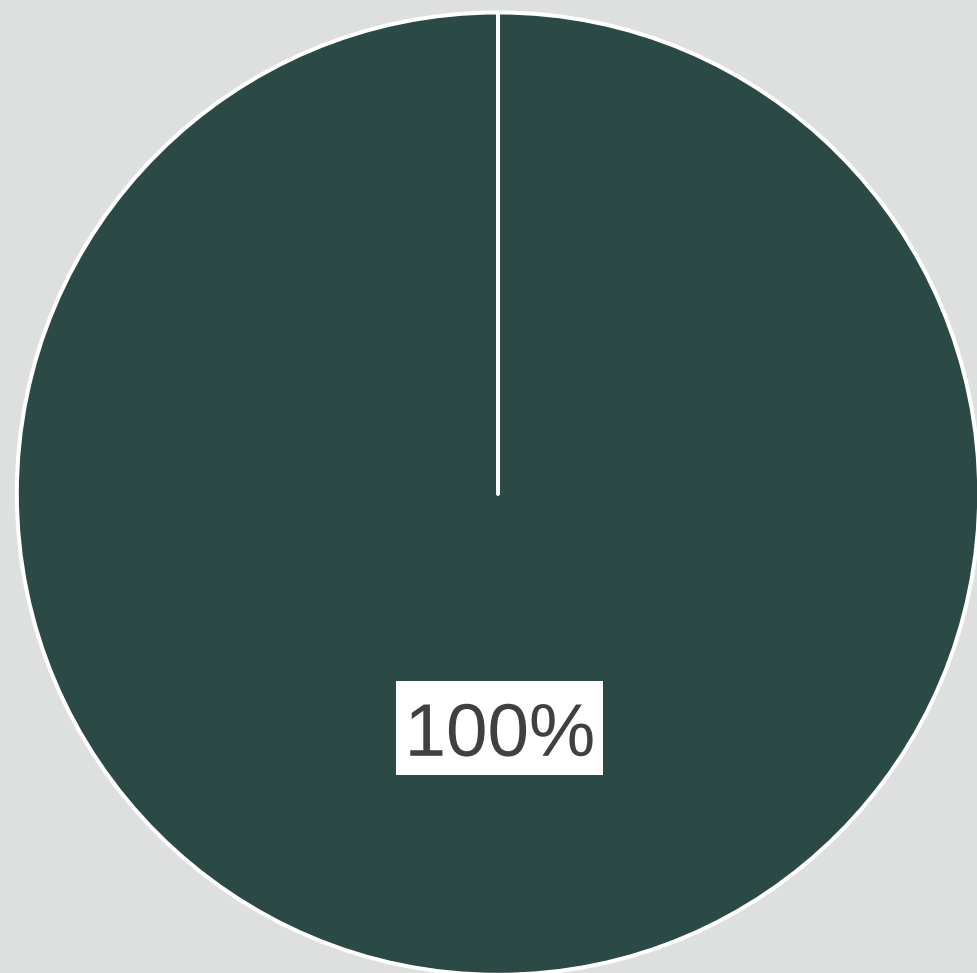
How satisfied were you with the implementation of the Riding in the Moment™ program at Three Gaits? -- Staff



■ Extremely dissatisfied ■ Somewhat satisfied
■ Extremely satisfied

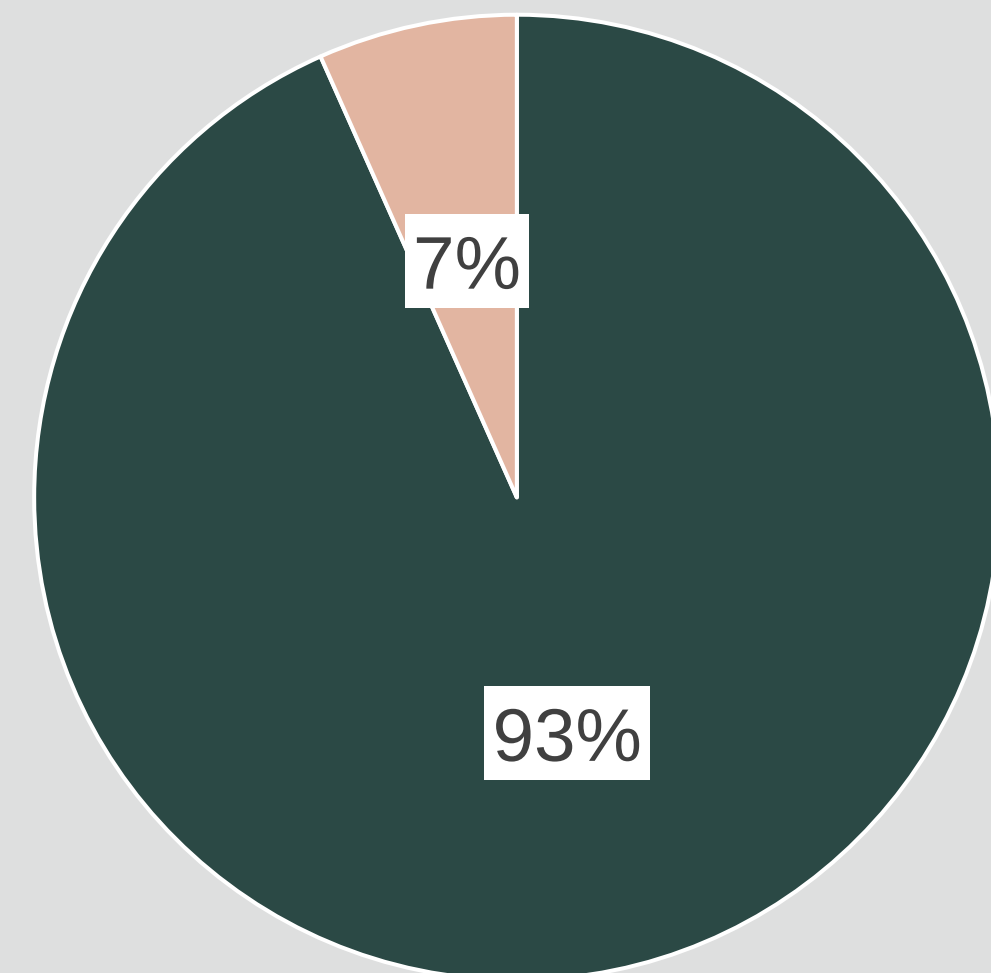
Continuation of Program

Considering your experience with Riding in the Moment™, how likely are you to recommend this program to family/friends or colleagues?



■ Extremely likely

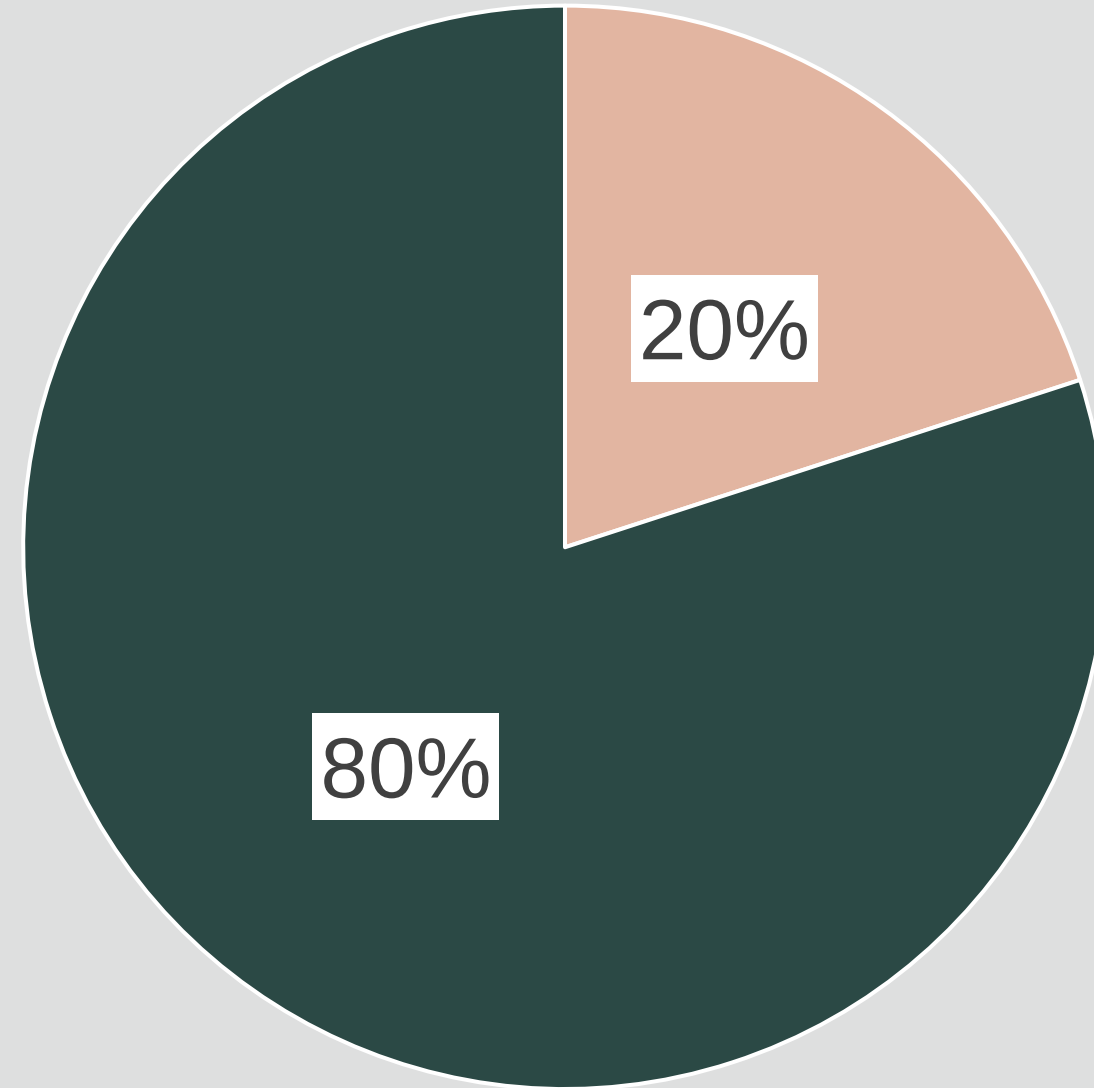
Based on your experience with the Riding in the Moment™ program, how important is it to continue the program for the dementia population?



■ Extremely important ■ Very important

Helpfulness of Materials

To what extent did the manuals for the Riding in the Moment™ program increase your understanding of implementation?



- Significantly increased my understanding
- Somewhat increased my understanding

Riding in the Moment™ Participant Demographics (n=21)

10 women

Average age
76 years

5 with prior
RM
experience

Reflections from Participants

“We all enjoyed and looked forward to our Friday Visits.”

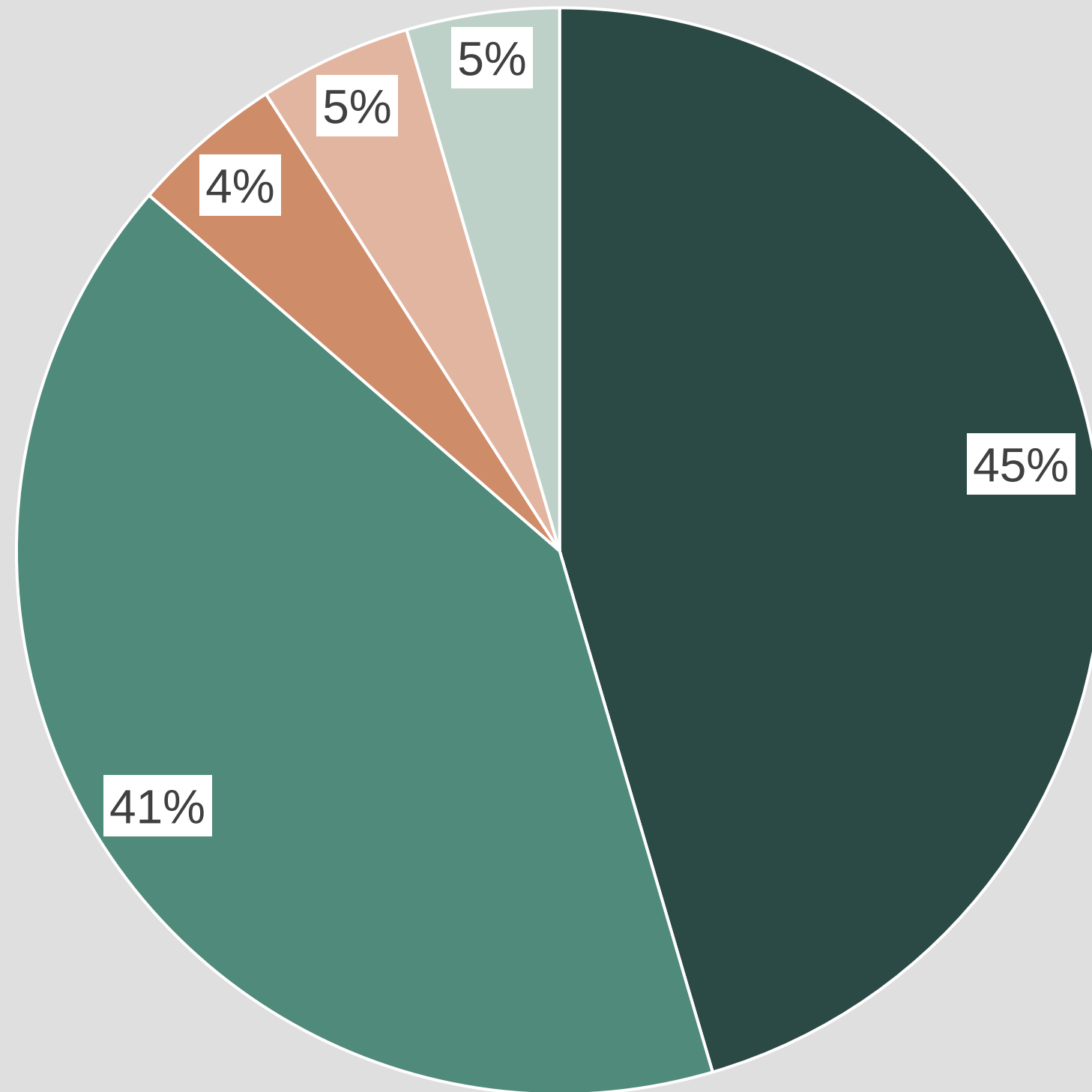
Photo credit: SV Photography



“Riding in the Moment™ was truly a gift for our family.”

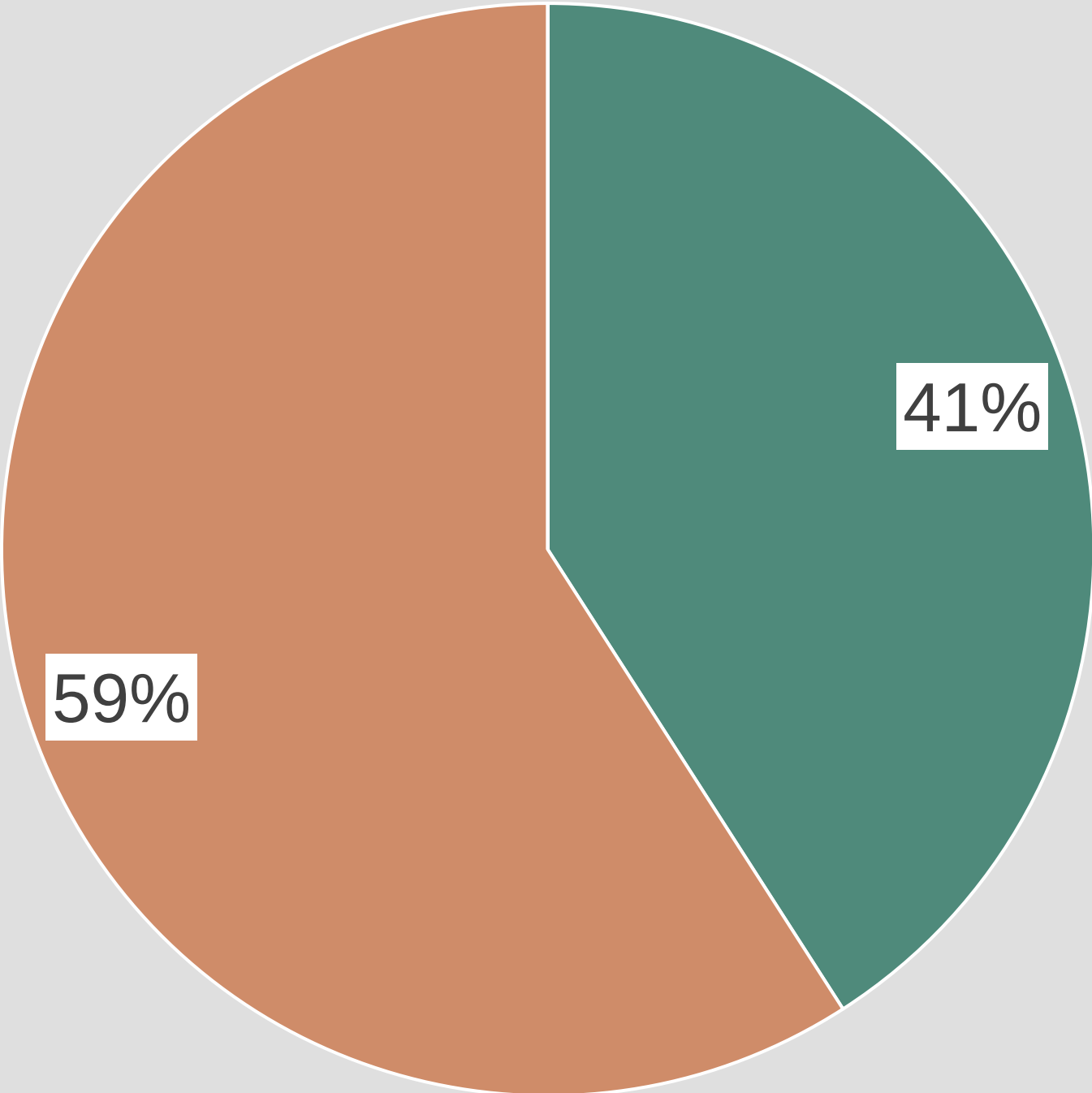
“I was impressed with the number of volunteers involved and how well prepared and organized the staff was each week.”

Reduction in Negative Feelings



■ A Great Deal ■ Some ■ Not At All ■ Don't Know ■ Refuse/Not Applicable

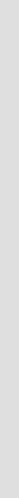
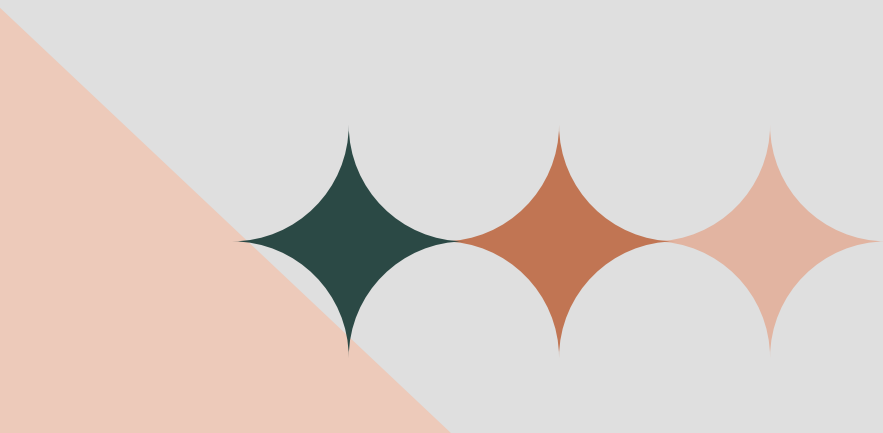
Effort Required to Participate



■ A Great Deal ■ Some ■ Not At All ■ Don't Know ■ Refuse/Not Applicable



Conclusions



Major Findings

Key considerations for
successful implementation

Offer Dementia training

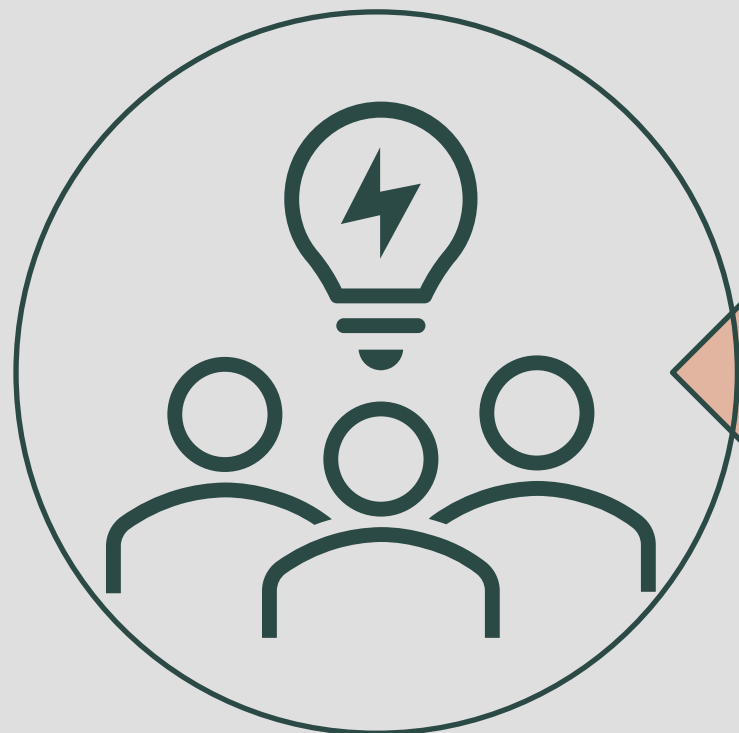
Offer soft launch and champion
the program in the community

Integrate end of visit check

Recommendations for Volunteer Support



Creating name tags with
color-coded dementia
stages



Integrating ideas for
adapted activities into
new versions of the
manuals

Recommendations for Participant Experience

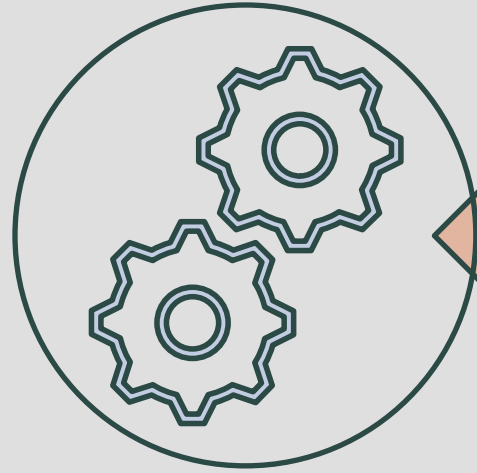


Take-home materials



Offer more activity modifications

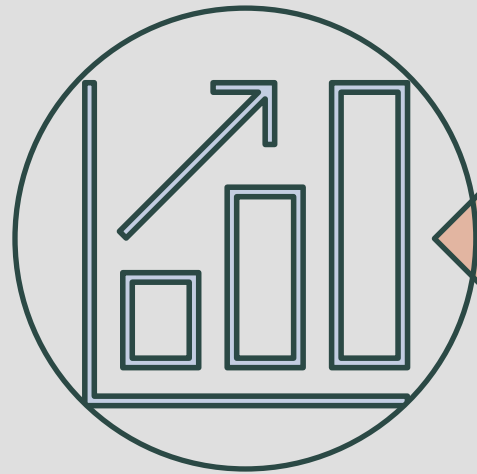
Recommendations for Overall Program Improvement



Scaling the Program



Training Sessions



Sustaining the Program



Thanks

Questions?

Want to learn more about Riding in the Moment™ or ways to get involved in our community-academic team?

Email us at:

ghsrl@education.wisc.edu

To purchase manuals, either scan the QR code with your phone's camera or visit this link: <https://heartsandhorses.dcopy.net/>



Photo credit: SV Photography



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