# An Adaptive Horseback Riding Program for Persons Living with Dementia and their Family Caregivers: A Dyad Case Study

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## Problem

- Persons living with dementia (PLwD) experience **progressive declines in quality of life (QoL)** and daily functioning
- PLwD demonstrate an **increased reliance** on family caregivers (FCs)
- Best practice guidelines: **nonpharmacological programs** involving both PLwD and their FCs to improve QoL

## Objective

To investigate the outcomes of Riding in the Moment™ (RM) in the context of a caregiving dyad from pre- to post-program.

## Methods

- RM is an 8-week **standardized adaptive horseback riding program** that is delivered in community settings

| | | | |
|---|---|---|---|
| Pre | Demographics | Age, sex, living situation, race, dementia stage, relationship to FC | |
| Pre and Post | Patient Reported Outcomes Measurement Information System (PROMIS v1.2) | Self-reported health | |
| | Dementia Quality of Life Proxy (DEMQOL-Proxy) | Perceived QoL | ★ |
| | BERG Balance Scale (BBS) | Balance | |
| | Zarit Burden Scale (ZBI) | Caregiver Burden | ★ |
| | Pittsburgh Sleep Quality Index (PSQI) | Self-reported quality of sleep | |
| Post | Experience survey | Program experience | ★ |

★ Measures for FCs

## Results

| Outcomes | Pre | Post |
|---|---|---|
| Global Health | 47.3 | 51.6 |
| QoL | 109 | 111 |
| Balance | 45 | 47 |
| Caregiver Burden | 28 | 28 |
| Sleep Quality | 7 | 9 |

✓ Assessments scored according to standard procedures

| | |
|---|---|
| Improvement | |
| Consistent | |
| Worsening | |

"It was relaxing for me to socialize with humans and horses in a welcoming setting that was safe for my husband."

✓ Experience survey analyzed with rapid thematic analysis

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✓ Descriptive approaches used for demographic information

- 72 year-old man
- Early-stage dementia
- Resided in own home
- FC= Spouse

## Limitations

- One dyad
- Self-reported measures
- Only looking at early-stage dementia changes

## Future Directions

Longitudinal studies should evaluate whether repeated RM sessions produce greater impacts on both members of the dyad as dementia progresses.

## Acknowledgements

We would like to thank the staff at Three Gaits, Inc. for implementing RM! We would also like to thank the Wisconsin Partnership Program through the Wisconsin School of Medicine and Public Health for funding our implementation of RM.

RIDING IN THE MOMENT
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Scan for References!

Three Gaits
Therapeutic Horsemanship