

DEMENTIA SUPPORT EQUINE PROGRAMS

EQUINE-ASSISTED MEMORY CAFÉS
RIDING IN THE MOMENT
RIM MOBILE



Enriching quality of life through connections with equine partners.



BEAMING's Dementia Support Equine Programs seek to reduce social isolation and encourage physical activity for those living with dementia and their caregivers.

Equine-Assisted Memory Cafés

are interactive experiences that allow participants with memory loss and their care partners to interact in an uplifting, nature-based environment. The barn and

unique on-site activities are designed in a way that helps participants engage in the social gathering and experience the benefit of connections with the animals and new friends.

BEAMING's country setting is relaxed and comfortable, with accessibility for those with mobility limitations. Equine-assisted activities include grooming, walking and feeding horses, and riding if appropriate. Cafés can also include speakers and presentations, musical performances, arts and crafts projects and other barn and outdoor nature activities.

BEAMING will offer monthly on-site Memory Cafés in 2023; please see our **Events Calendar** at beaminginc.org/events-2 for specific dates and times.



Developed with University of Wisconsin-Madison, BEAMING is the second in the nation to offer **Riding in the Moment**, an evidence-based program that improves the quality of life for seniors living with early- to moderate-onset dementia.



Participants groom, walk and can ride horses, make and feed horse treats, watch horse demonstrations and participate in mind-body emotions exercises, educational activities, and hands-on projects. Some of the most popular activities include storytelling, musical performances, dancing and arts and crafts.

This program also benefits caregivers by allowing them to spend quality time in an uplifting outdoor setting with their loved one, allowing them the opportunity to ride horses, and introducing them to a support network of other caregivers experiencing similar challenges.

The weekly Riding in the Moment program is offered three times per year, in 8-week sessions. This no-cost program serves clients regardless of socio-economic status, race, gender orientation, religion or ability.



We also take the horses and these activities to memory care facilities through our **RIM Mobile** program, helping residents socialize while exercising their minds and bodies. To enroll in Riding in the Moment or to inquire about RIM Mobile, please call or text 920-851-6160 or email incbeaming@gmail.com.



Changing Lives,
One Ride at a Time

* Visits by appointment only
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