

Case Study

People with early stage dementia and their carers

Funded by the LCYCP Dementia Project

These sessions equally benefited those living with early stage dementia and their carers. The activities took place in the peaceful Lincolnshire countryside and included grooming, leading and learning about equine behaviour. Although the degree of involvement was left entirely up to each participant, the safe, and supportive environment encouraged everyone to interact with others, learn new skills and develop close partnerships with the horses.

Attendees enjoyed varied new EAL tasks, often working together as equal partners. The horses and ponies are very empathetic in these situations and so help to further enrich the experiences.

Also we offered the carers some “quality time” with the horses and a chance to “unwind” on their own or with a facilitator. Carers reported that this helped them feel less stressed and improve their general sense of wellbeing.



“My beautiful dad. Thank you so much Mike, Claire and Lynzie for spending time with us today. Such warm lovely people who made us feel at home. Beautiful horses and had fab time”
- **Zoe West**