



**TEMASEK
FOUNDATION**



Saw Swee Hock
School of Public Health



ANNEX

1. Overview of the Temasek Foundation–EQUAL Haydays with Horses Programme



<p>Programme objectives</p>	<ol style="list-style-type: none"> 1. Pilot equine-assisted learning as a complementary therapy to improve the well-being of seniors in institutions and in the community. 2. Evaluate the impact of equine-assisted learning in improving the quality of life of seniors.
<p>Duration</p>	<p>This two-year pilot programme will run from October 2024 to September 2026.</p>
<p>Clients</p>	<p>Seniors in NTUC Health nursing homes and Active Ageing Centres across Singapore, with a focus on cognitively intact seniors, including those at risk of being socially isolated.</p>
<p>Key programme components</p>	<p>Seniors will participate in 4- to 8-session programme runs. Sessions will take place at EQUAL or at nursing homes/ Active Ageing Centres, and will feature:</p> <ul style="list-style-type: none"> • Activities with horses; • Music and movement; • Aerobics with horses; • Equine art & craft; and • Post-programme connections.
<p>Key programme focus</p>	<p><i>Haydays with Horses</i> will address the following key quality of life domains for seniors:</p> <ul style="list-style-type: none"> • Physical capacity & cognitive functioning; • Psychological well-being; and • Social connectedness & well-being.



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2. Research and Evaluation

- **Research Focus** | The quantitative and qualitative research will assess the impact of equine-assisted programmes on the physical, cognitive, and psychological health of seniors, and the duration of such impact.
- **Expected Outcomes** | The findings will offer insights into how much animal-assisted interventions can contribute to healthier ageing, how they work, and its potential integration into eldercare systems.
- **Lead Researchers:**
 - o Dr Luo Nan, Associate Professor in NUS Saw Swee Hock School of Public Health
Dr Luo's main research interest and expertise is measurement of self-reported health status and well-being including patient-reported outcomes, health-related quality of life, health preferences, and psychological well-being.
 - o Dr Mythily Subramaniam, Assistant Chairman, Medical Board (Research) at the Institute of Mental Health, and Associate Professor in the NUS Saw Swee Hock School of Public Health
Dr Mythily's main research interest and expertise is in mental health and well-being. She has conducted several nationwide epidemiological surveys on the prevalence of mental disorders in Singapore and has expertise in both qualitative and implementation research as well.

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