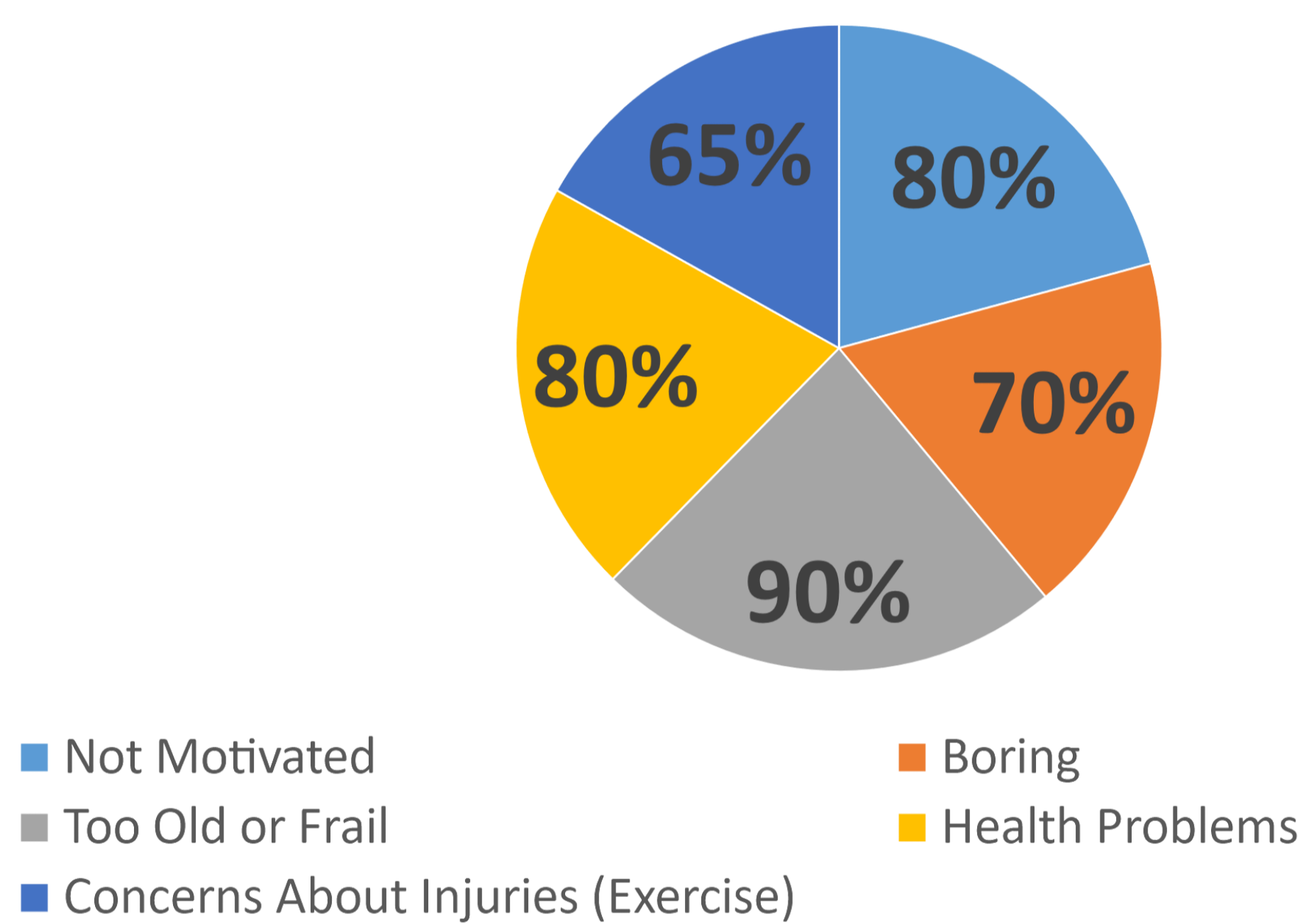


Introduction/Background

Own Your Life aims to encourage clients to take ownership of their own life. This project provides outdoor experiential therapy which focuses on enhancing clients' physical, social and emotional well-being and stimulating intrinsic motivation to achieve their individual personal goals. We introduced this project in May 2021. It infuses physical activities with natural environment to provide clients direct contact with nature and to stimulate clients' physical, social and cognitive abilities. Programs under this project will include ball sports, parachute play, rope exercise, walk and talk therapy, chair yoga, intimate interaction sessions and equine-assisted therapy.

Own Your Life is centered towards promoting active ageing through invigorating our clients. Positive ageing is vital for elderly in order to achieve holistic well-being. Most of our clients have dementia, face problems of social isolation and experience frequent physical injuries caused from falls and poor physical awareness, all of which can potentially worsen their conditions. The outdoor experiential programs provided under this project help to enhance their physical, social and emotional well-being. It helps to increase their engagement, social skills and physical health awareness, promoting a slow-down of their physical and cognitive function decline. This project will also help us and the clients understand their needs and enable staff to appraise their growth potentials by providing client-centered outdoor and social activities. As clients understand their own abilities, it creates a cognitive dissonance between their perceived and actual abilities as they become more aware of their own challenges in a social setting involving physical activities. Such exposure then encourages them to work together with peers and staff to enhance their participation in the activities. As such, clients are intrinsically motivated to grow and eventually will *own their life*, as per our mission.

Problem: Elderly are not participating proactively in outdoor experiential therapy
Causes for Lack of Participation (Percentage of Clients)



Goal/Objective

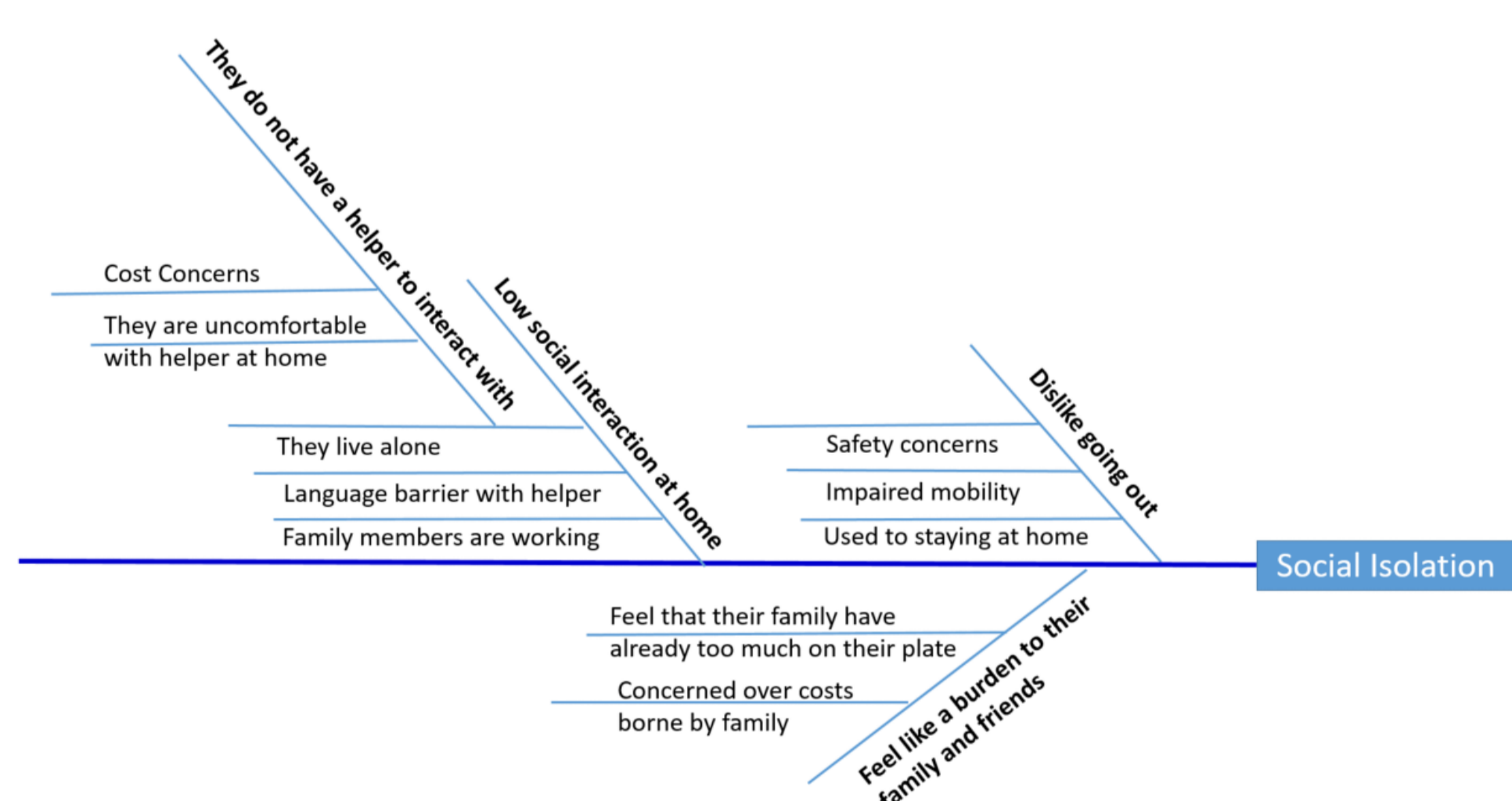
The desired outcome of the project is to improve clients' physical, social and emotional well-being within a year, enabling clients to take ownership of their lives through participating actively and safely in social and outdoor physical activities.

We utilized SMART goal analysis to assist with our goal-setting process in order to create an achievable and impactful goal. Our goal must be specific, measurable, achievable, realistic and timely. Since our aim is to enhance clients' holistic well-being and intrinsic motivation towards personal growth, we focused on infusing nature with physical and social activities via outdoor experiential therapy which becomes our **specific** goal. We use clients' physical well-being chart and emotional and social well-being chart to track their progress. This ensures our goal is **measurable**. We then assessed our available resources to achieve the goal. A necessary asset that we possess to achieve this goal is our strong team synergy where we excel in effective communication and management. A strong teamwork is crucial to ensure active engagement and safety at the same time. We also possess an apt location which provides ample greenery spaces to conduct the project. Such essential resources make our goals more **achievable**. We further included a timeline of 1 year to achieve our goal as we believe 1 year will be sufficient to increase clients' familiarity with the programs, staff and their peers and to promote and sustain eudemonic well-being. This enables our goal to be more **realistic** with our given resources. The 1-year timeline also ensures our goal is **timely**.

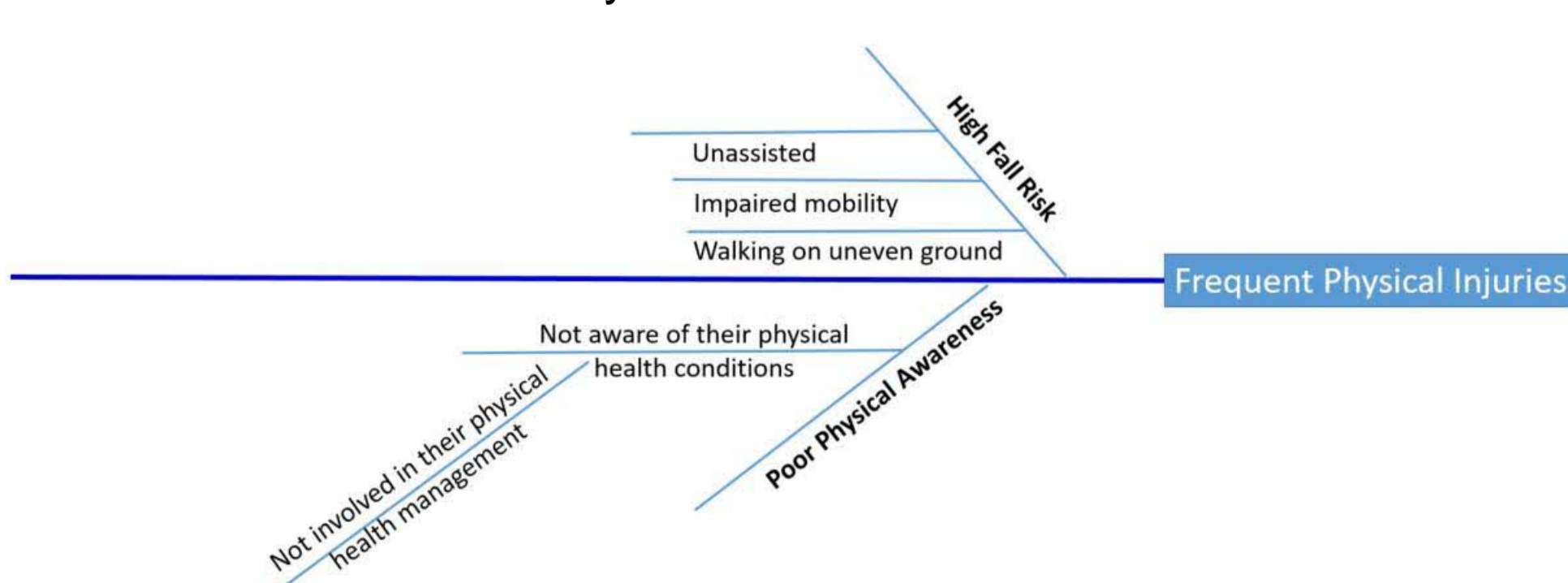
Problem Analysis

Problem: Elderly are not participating proactively in outdoor experiential therapy

We grouped the challenges presented in the pie chart above into 2 main root causes of the problem. The first root cause will be due to social isolation which is prevalent among elderly. The Cause-and-Effect analysis is as follows:



The second root cause will be due to frequent physical injuries caused from falls and poor physical awareness. The Cause-and-Effect analysis is as follows:



Implementation Plan

Own Your Life project was carried out with a series of outdoor social and physical programs. All programs were conducted in outdoor greenery spaces during early morning and late evening to prevent heat exhaustion. One of the programs carried out is **ball sports**. Clients sit around in a circle and throw or kick balls of different sizes to each other as staff calls out the names of the clients for them to identify who to pass the ball to. This tests their hand-eye coordination, memory and reaction speed.

Another program we conducted is **parachute play** where clients sit around in a circle and try to maintain the ball on the parachute as they lift the parachute up and down. This improves their upper limb strength and solidifies teamwork as effective communication is key in this program.

Clients will also try pulling and passing rope sideways through **rope exercise** which builds their hand-eye coordination.

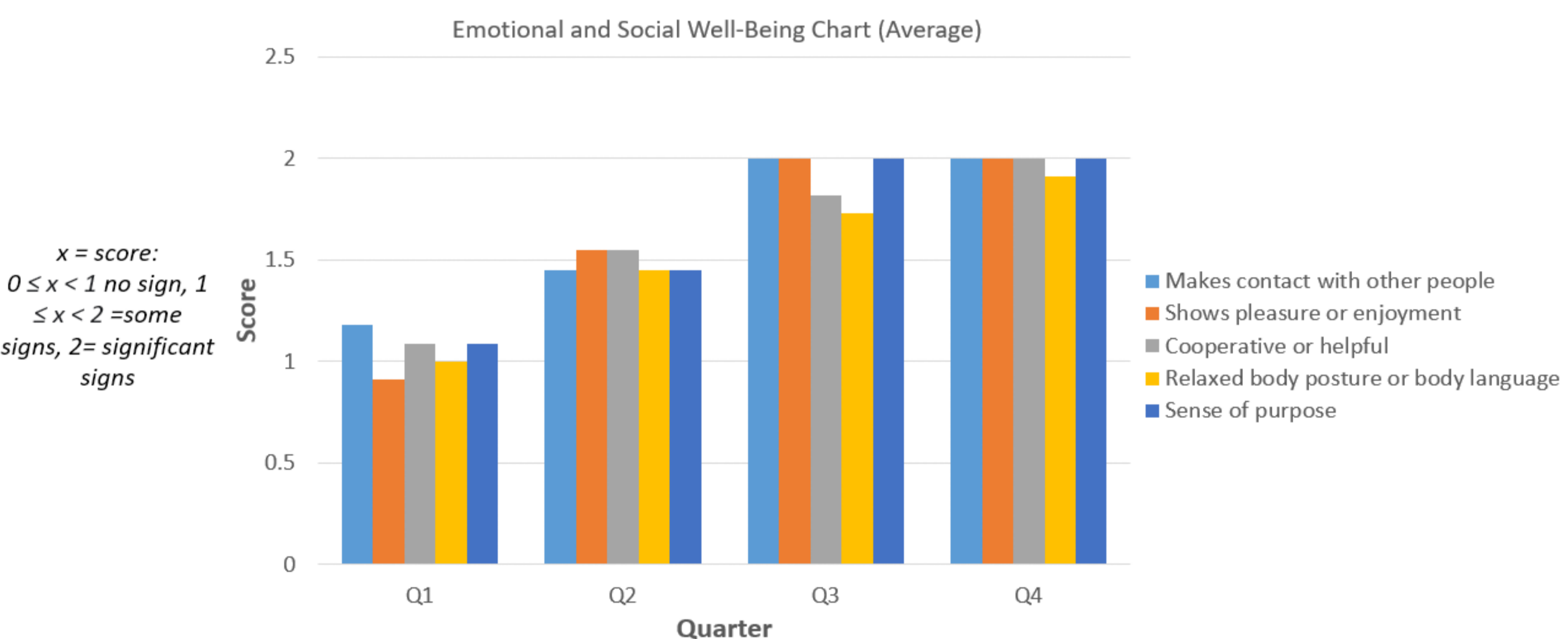
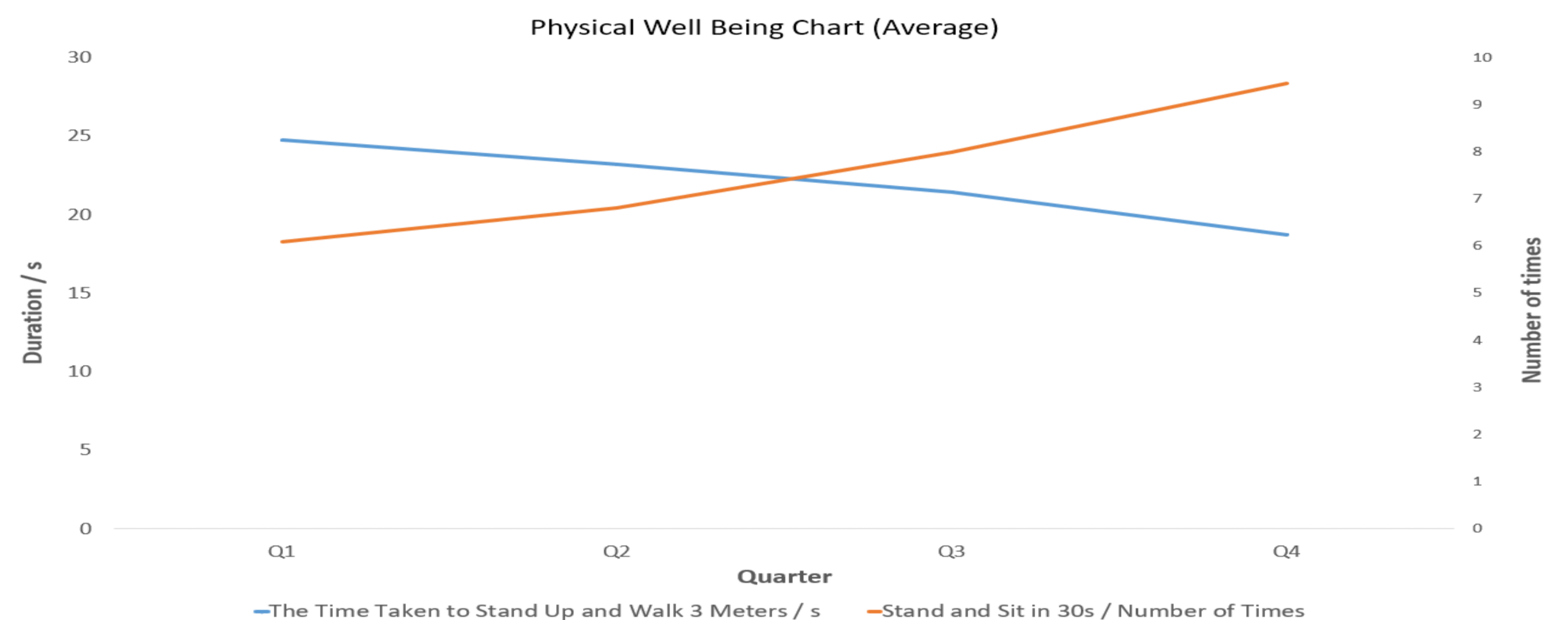
Clients involve themselves in **walk-and-talk therapy** with staff as they follow a walking trail and share about their experience. This helps to increase social interaction, memory in remembering different spots that they pass by and physical awareness concerning their safety.

We also conduct **chair yoga** assisted by a trained staff where clients follow different postures with music while seated. This helps to increase their strength, focus and physical body awareness.

One of our niche programs under this project will be **intimate interaction sessions** which is achievable due to the strong bond built with our clients. Clients sit around in a circle to reminisce about their life and interact with their peers. This fosters social interactions and builds mutual trust with peers and staffs, increasing their social and emotional well-being.

Another niche program under this project will be **equine-assisted therapy** where our clients interact with horses through patting and feeding. It enhances clients' cognitive abilities, easing depression symptoms which are prevalent among our clients who face possible social isolation. Equine-assisted therapy also boost clients' hedonic well-being, improving dementia-related behaviours. Furthermore, it encourages our clients to push the limits of their physical mobility with the aid of staff to interact closely with the horses, stimulating resilience and growth.

Benefits/Results



Through Own Your Life project, our clients' physical well-being have enhanced where their physical mobility have maintained or improved. The time taken for them to stand up and walk 3 meters has decreased by 24% over the year and the number of times they can stand and sit in 30 seconds has increased by 55% over the year. The project helped to slow down their physical function decline.

Own Your Life has also improved clients' emotional and social well-being by 88% where their hedonic well-being (pleasure attainment) and eudemonic well-being (purpose building) have enhanced, slowing down their cognitive function decline.

Sustainability & Reflections

Our team adopted the principles of "empower the strength to overcome the weakness" and this aided us to conduct a more interactive, fun and meaningful project. Most clients have shown improvement in their well-being, and they are more forthcoming towards conducting social interactions with peers and staff, showing a rise in their hedonic well-being. With frequent active engagement during the programs, clients became more aware of their personal challenges. With staff assistance and encouragement provided by peers, clients pushed themselves to improve, re-creating a sense of purpose. This helped to build their eudemonic well-being. As they became more intrinsically motivated to actively participate in the programs, their physical awareness is enhanced leading to a slow down of physical and cognitive function decline.

In order to sustain the above-mentioned results, regular assessment of clients' physical and emotional and social well-being is required to pay attention to specific areas of improvement among clients. The core foundation required to that clients

have a good time and find meaning in participating in the programs. sustain the results will be maintaining a strong solidarity within team and continuing to build rapport with clients. This will ensure

In order to increase clients' physical, social and emotional well-being through outdoor experiential therapy, it is essential for clients to feel connected towards the various programs. Apart from maintaining a strong team synergy and building trust which stimulates clients' active participation in the programs, we believe some of our outdoor programs can be personally relevant to our clients. We are embarking on this by collecting data of clients' hobbies and interests. Common hobbies and likes identified were gardening and playing with pets (cats and dogs). In future, we will incorporate their hobbies and interests into our outdoor programs which can engage and motivate clients better.

One of the important lessons learnt was that every aspect of a human's life is interconnected, and elders are not an exception to this. Targeting on clients' physical and social abilities by exposing them to outdoor experiential therapy helped to build connection with peers and staffs. With such support system cultivated, they become intrinsically motivated to be actively engaged in the programs and to push themselves to achieve beyond their boundaries which circles back to improving their physical, social and emotional well-being.

Another important lesson learnt was to always remain focused on our priority which is the clients' safety. To achieve this, we identified strong team management is crucial to be vigilant of possible safety risks for each client.