

HORSE-CENTRED WELLBEING PROGRAMME

INFORMATION SHEET

IS THIS THE SAME AS EQUINE THERAPY?

Good question. Equine Therapy is described differently by different people, so we just decided to call our programme what we liked. We don't charge therapy prices and we don't provide reports by an occupational therapist (though we can work with one if you need to), but we include many activities that people would expect to be featured in equine therapy. So you'd expect the same benefits.

WHAT ACTIVITIES ARE INCLUDED?

It really depends on what the client needs. Some activities are feeding and grooming, walking the horses and learning about the care of horses. Other items can be added to suit the individual, but basically, hanging with horses is cool, and who doesn't want to do things that are cool?

IS HORSE RIDING OFFERED AS PART OF THE PROGRAMME?

Independent riding is not part of the basic programme. We intend to develop an advanced programme that might include that for some clients where it can be done safely and will have a benefit.

DO I HAVE TO HAVE EQUINE THERAPY AS A PLAN GOAL IN ORDER TO TAKE PART UNDER THE NDIS?

Our programme is designed as a social and learning activity to incorporate accessing the community and developing self-confidence and self-esteem, as well as your overall wellbeing. So it comes out of your support categories, not your therapy lines.

HOW DO I GET THERE?

We can have you picked up and returned home by our support workers as part of your programme if that suits you.

HAVE YOU GOT A UNICORN?

No, our insurance company won't let us. Sorry. But you can always pretend and we won't judge.

CAN MY PARENTS/SUPPORT WORKER/CARER COME TOO?

Yes, whatever supports you need can come along. They will have to agree to behave safely.

WHERE DOES THE MAGIC HAPPEN?

We are in Onkaparinga Hills, South Australia. Generally, we can pick up clients anywhere within a twenty minute radius.

Heartfelt SUPPORT

