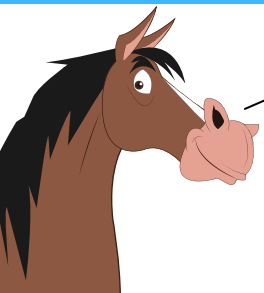


EQUINE THERAPY


INFORMATION SHEET

WHAT'S EQUINE THERAPY?



Equine Therapy can mean many things, but broadly, it's either physical or behavioural therapy in the presence of a horse. And we do it a little differently. Each session is conducted by two people, one is a mentor and one is a therapist. They work together to help you get the full benefit of the session, and to ensure the safety of yourself, our team, and the horses..

WHAT ACTIVITIES ARE INCLUDED?



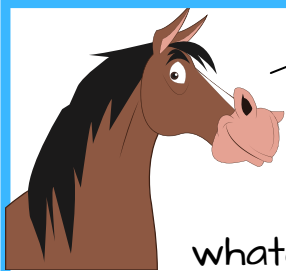
It's all about caring for and learning about horses while talking through your challenges. Some activities are feeding and grooming, walking the horses and learning about the health and happiness of horses. And basically, hanging with horses is cool, and who doesn't want to do things that are cool?

IS HORSE RIDING OFFERED AS PART OF THE PROGRAM?




Independent riding is not part of the basic program. Horse riding is great fun but it is not something we offer. We hope to be working with other providers to make it available to our clients.

HOW LONG DOES IT LAST?



Sessions are 60 minutes. We recommend you consider a program of 8 weeks. But you whatever works for you is fine. Most people come every week, but some come every second or every fourth week.

HOW DO I GET THEM THERE?




We can sometimes arrange transport at extra cost. Or sign up with friends and take turns driving.

IS THIS A RECOGNISED NDIS THERAPY?



Yes, our session leaders are qualified and funding comes from your NDIS therapy budget if you are plan managed or self-managed.

CAN PARENTS /SUPPORT WORKERS / CARERS 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 Trott Park, South Australia. It's not hard to find. But you must book to attend.

Heartfelt SUPPORT

