

# Therapeutic Riding & Horsemanship



Therapeutic Service Overview



*Wanneroo Riding &  
Therapeutic Centre*

# *Welcome*

Wanneroo Riding and Therapeutic Centre is situated in 1000 acres of beautiful bushland and is run by a dedicated team of professionals with a vast array of skills, from qualified riding coaches, equine assisted learning practitioners, special needs education assistants and mums of children with disabilities.

It was created to provide you with access to services that are tailored to your children's needs to enable them to interact with and enjoy these beautiful creatures, whilst developing lifelong skills that will help them develop and thrive in the future.

Our individual Therapeutic Riding and Horsemanship sessions allow us to create a tailored program to work towards your individual NDIS goals through the interaction with our beautiful horses.

Please find attached the paperwork we need completed before you can book in your session so we can ensure we can assign the most suitable person to work with you;

- Service agreement
- Student information
- Disclaimer

Please can you complete these and return them to us so we can provide your child, loved ones or client with the best possible experience.

Warm regards

*The management team  
Wanneroo Riding and Therapeutic centre*

## *Therapeutic Riding & Horsemanship Overview*



We offer a range of ridden and non-ridden services to help meet your individual needs. All our therapeutic sessions are designed to work on a number of social and emotional skills, awareness and self-regulation, through safe interaction with horses.

Through a number of different interactions, tailored upon your child's ability, window of tolerance and needs, we can work with you to develop positive outcomes, thought enjoyable interactions;

Key topics we work with

- Self-regulation
- Awareness
- Boundaries
- Feelings as information
- Kind and helpful thoughts
- Building healthy relationships
- Overcoming lifes challenges

Interaction with horses can also help to build the following skills;

- Self confidence
- Improved self esteem
- Balance
- Coordination
- Relaxation

If there are specific things you would like to focus on, please include in in the student information sheet and we can ensure we create activities that can assist with this.

This is a collaborative process, the more feedback we get and input into what you want to achieve the better we can shape the sessions to meet your needs

## ***Services***

### ***Therapeutic Riding***

The focus on our therapeutic Riding Sessions is on self-regulation, breathing and enjoyment. Riders can learn the basic skills such as position, balance, stop, start & steer, however the focus is more upon relaxation and enjoyment.

The great thing about riding is that you can't ride a horse without developing your balance, core strength, crossing the mid line and improving your co-ordination and awareness, making it very beneficial.

### ***Group Sessions***

***45 Min, \$70***

These small group sessions allow participants to get all of the benefits of riding whilst also encouraging interaction with other participants, helping to develop better social skills.

Riders help to brush & tack the horse, go into the arena to develop some basic riding skills and stretching, before going off for an enjoyable relaxing trail.

All riders have a leader with them at all times.

### ***Private Sessions***

***45 Min, \$85***

Our private sessions are only available Wed to Fri mornings when the centre is not busy, allowing participants quiet time with their horse, the chance to catch, brush, tack and interact on a one on one level with the horse. They then get to go out for a ride through beautiful bushland, focusing on their breath and relaxation.

## ***Non Ridden Activity***

### ***One on one Therapeutic Horsemanship***

***45 min, \$85***

This is a non-ridden program where students can work towards meeting their individual goals through safe, on the ground interaction and horse related activities. Sessions include catching, brushing, leading and developing an understanding of horse behaviour and care. These sessions are great for building confidence, self-esteem and awareness of ourselves and others

### ***Equine Assisted Learning***

***45 min, \$95***

Equine Assisted Learning is a powerful, effective method of experiential learning to help clients with self-regulation and to development of better social and emotional skills. This is done through a series of safe, controlled interaction with the horses (non-ridden).

These sessions are facilitated by a qualified Equine Learning Practitioner who has qualified through the Equine Psychotherapy Institute.

Sessions focus upon the development of the following;

- Self-regulation
- Awareness – yourself and others
- Boundaries
- Healthy Relationships
- Kind and helpful thoughts
- Feelings as information
- Overcoming lifes' challenges

### ***One on one animal interaction session***

***45 min, \$85***

Come meet our very friendly goats and alpaca, notice how much the alpacas will interact with you as you calm and self-regulate, and discover how our cheeky goats keep themselves happy and stress free.

### ***7 week horse wisdom program***

***7 x 45 min sessions, \$630***

This is the flagship program developed by the Equine Psychotherapy Institute and covers off all 7 modules outlined above.

## ***NDIS Funding***

We are not an accredited NDIS centre therefore can only work with clients that are self or plan managed.

We are happy to invoice plan managers directly and our services can come under core or capacity building, depending upon your individual plan.

We are happy to review your plan and work with your plan manager to identify the most suitable codes to cover our services. We currently work with a number of Plan Managers and are happy to assist with this process.

Some of the common funding codes used are show below;

### **Core**

#### **Access Community, Social And Rec Activities**

04\_104\_0125\_6\_1 Weekday Daytime

04\_103\_0125\_6\_1 Weekday Evening

04\_105\_0125\_6\_1 Saturday

04\_106\_0125\_6\_1 Sunday

04\_210\_0125\_6\_1 Community, Social and Recreational Activities

#### **Group and Centre Based Activities**

04\_102\_0136\_6\_1 Group Activities - Standard - Weekday Daytime

04\_103\_0136\_6\_1 Group Activities - Standard - Weekday Evening

04\_104\_0136\_6\_1 Group Activities - Standard - Saturday

04\_105\_0136\_6\_1 Group Activities - Standard – Sunday

#### **Capacity Building**

09\_009\_0117\_6\_3 Skills Development and Training

09\_011\_0125\_6\_3 Community Participation Activities

11\_024\_0117\_7\_3 Individual Social Skills Development

Please note that it is your responsibility to ensure that you have the correct funding to cover sessions. If your plan manager refuses to pay for the services you will be required to pay directly.

**Before we can commence services we require completion and return of the following documentation**

1. Student Information Sheet
2. Service Agreement
3. Signed Disclaimer

All of these can be found in this section

## Student Information Sheet

This information will be treated in the strictest confidence and will only be shared with your riding coach to enable them to provide you with a better riding experience and keep you safe.

<b>Students Name:</b>	<b>Age:</b>
<b>Riding experience:</b>	
<b>Parents Name:</b>	
<b>Best contact Number:</b>	

**Medical Conditions/Disabilities/ Special Requirements:**

Please detail any medical conditions, disabilities or special requirements your child may have. This includes anxiety, depression, mobility issues, pain etc.

**Previous injuries, surgeries etc that could impact your ability to ride a horse or would be beneficial for your instructor to know.**

**To the best of my knowledge my child has no medical reasons that would prevent them from riding. If I am unsure I will seek medical guidance**

**Disability Category**

1. Rider with intellectual disability	<input type="checkbox"/>
2. Rider with physical disability	<input type="checkbox"/>
3. Rider with Cerebral Palsey	<input type="checkbox"/>
4. Rider with Vision impairment/ blindness	<input type="checkbox"/>
5. Riding with hearing impairment/ Deafness	<input type="checkbox"/>
6. Rider with Autism	<input type="checkbox"/>
7. Rider with ADHD	<input type="checkbox"/>
8. Rider with learning disabilities/ behavioural disabilities	<input type="checkbox"/>
9. Rider with Psychiatric condition	<input type="checkbox"/>
10. Rider with multiple disability	<input type="checkbox"/>
11. Other disability .....	<input type="checkbox"/>



Any other information that will support your instructor to provide a beneficial service;

I confirm that my child is able to mount and dismount independently

I confirm that my child is able to follow simple instructions

Does your child have a behaviour management plan?

Yes  No

If yes please can you supply a copy for our records.

### *Client Goals*

Please detail below the key goals from your NDIS plan that you would like this program to assist you in achieving;

What other interests and hobbies do you have?

What do you fear, or find challenging in your day to day life?



# *Therapeutic Riding Service agreement*



**This service agreement is for:**

Participants name:

Address:

DOB:

NDIS Number:

To participate in our 6 week Therapeutic Riding Program

**It is made between:**

1. The participants representative: Name
2. The service Provider: Wanneroo Riding and Therapeutic Centre, 1611 Wanneroo Road, Neerabup, 6031

## **Services**

- Group Therapeutic Riding
- One on one Therapeutic Riding &Horsemanship
- Equine Assisted Learning

## **Costs**

Group Therapeutic Riding	\$70
One on one Therapeutic Riding &Horsemanship	\$85
Equine Assisted Learning	\$95

## **Details of service agreement**

Service start date:

Service end date:

Program runs for \_\_\_\_\_ weeks and costs \$

## **Payment Information**

**How will you pay for your sessions?**

Self Managed NDIS Plan

Plan Managed NDIS Plan

Privately fund

Sessions can normally be claimed under the following;

**Core Budget – Assistance with social, economic & community participation**

**Capacity Building Budget – Increased social and community participation**

However it is your responsibility to check with your plan manager which is appropriate to use

Please detail here what you would like invoice to say;

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**Billing information;**

If you are plan managed, please can you provide details below of your plan manager and where invoice should be sent:

**Plan Manager:**

**Email address for plan managed invoices:**

If you are self-managed please detail below which email address you would like the invoice sent to;

**Email address for self-managed invoices:**

**Terms and conditions**

We agree to provide a program of supported equestrian activities as sport, active recreation, community activity and or basic therapy.

By signing up to the program you are committing to the 6 weeks, if you choose not to attend you will still be charged the full amount for the program as you have reserved a spot.

In the event of insufficient NDIS funds - the person /family will be liable for the full costs.

**Agreement Signatures**

Name of Participant Representative

Signature

Date

## *Disclaimer*



Wanneroo Riding & Therapeutic Centre does everything it can to make horse riding as safe and enjoyable as possible. However horses are prey animals and by their very nature can be unpredictable, therefore there is always the risk of injuries.

We carefully match horse to rider based upon your weight, ability and any medical conditions you disclose, therefore it is essential you are honest with us.

By participating in sessions you accept this risk and waive your right to sue Wanneroo Riding & Therapeutic Centre for any injuries sustained whilst learning to ride.

**Students Name:**

**Date:**

### **Conditions of Riding at Wanneroo Riding & Therapeutic Centre;**

- I agree to wear suitable clothing, including long pants and **enclosed shoes** (trainers are fine however short boots with a small heel and solid base are recommended)
- I agree to wear a suitable riding helmet at all times when on the horses (we can provide helmets, however do recommend you purchase your own helmet if you decide to commit to riding)
- I agree that I have fully disclose any medical conditions, physical or mental disabilities I have that may affect my ability to ride and follow my instructors instructions on this form
- I agree that if I don't feel comfortable undertaking any activities I will notify staff
- I agree that if I am feeling sick or dizzy on the day of my session I will notify staff and they can adjust lesson accordingly
- I agree that I am liable for the cost of an ambulance should I require one as a result of a fall during my lesson
- I agree not to hold Wanneroo Riding & Therapeutic Centre or any of it's staff liable for any injury I sustain whilst riding at the centre

By signing this form I agree to the best of my knowledge I have disclosed all relevant information that may impact my ability to ride, I will notify staff of any changes and agree to these terms and conditions for the duration of my time riding at Wanneroo Riding Centre.

**Guardian Name:**

**Signature:**