



2018 Participant Planning Guide

Planning Guide



This planning guide is written for you as a participant, or you as the participant's carer/parent/guardian. For readability, we will refer to this as 'you' or 'your' in this document.

About Pegasus

Established in 1973, Riding for the Disabled ACT Inc. (Pegasus) is an iconic charitable organization, enriching the lives of people with a disability through the delivery of horse-facilitated therapy.

Providing horse-facilitated therapy programs and activities, we aim to develop abilities for people living with a disability. We offer mounted, unmounted, school holiday and early intervention programs, as well as specialised therapeutic riding ('Hippotherapy'), which is delivered with the assistance of a qualified physiotherapist.

Apart from being fun, horse riding exercises the whole body, improving muscle strength and flexibility, coordination and balance. Working with horses encourages responsible and caring attitudes, and helps to build confidence, self-esteem, communication skills, leadership and trust. All participants are able to enjoy equestrian activities appropriate to their abilities; delivered in a supportive and socially-integrated setting.

Where do I start?

There are various methods of accessing funding for your Pegasus program. They are;

- Out of pocket – using your own funds, or
- Accessing an NDIS package. This can be;
 - self-managed, or
 - agency managed by a third party.

If eligible, the first step is to develop your NDIS plan. Goals will be central to the development of your plan, so it is important to start thinking about your short-term goals (what you need right now), and longer-term goals (what your goals and needs might be into the future). See the 'Goals and outcomes' section of this document and refer to the relevant program fact sheet.

For a support to be funded it may need to be linked to an outcome identified in your plan and/or it must either:

- be associated with day-to-day living and activities that increase social or community participation
- be a resource or piece of equipment, such as wheelchair, assistive technology or home and car modifications
- to help you build the skills you need to live the life you want. Such as opportunities to work, further your education, volunteer or learn something new.

Support personnel

Pegasus provides support personnel to assist participants' learning and development, and to provide safety and support. The number of support personnel is determined when the rider is assessed by one of our Riding for the Disabled (RDA) Accredited Coaches. This is a risk assessment based on the support needs of the individual, and determines the appropriate level of support the participant requires in order to minimise risk to the participant's safety. The sessions include a degree of time for support personnel to 'fit-out' participants with appropriate protective headwear and footwear, including the briefing and de-briefing of participant goals and lesson plan with Coaches and support personnel.

Shortly after you return your Expression of Interest form, one of our Coaches will contact you to arrange an assessment. School assessments are undertaken at students the students school with the help of the Disability Coordinator. From the assessment we will be able to provide a quote (Schedule of Supports). This will help you budget for your program. The assessment takes approximately half an hour, and will cost you \$20 – this is an 'out of pocket' expense.

Pegasus fees

Historically, the cost of Pegasus program sessions has been heavily subsidised through the ACT Government and through philanthropic donations, greatly reducing participant fees. While the cost of providing our programs remains the same, some of these costs now need to be retrieved from your NDIS plan.

What if I don't have an NDIS package?

The transition to the NDIS has been challenging for Pegasus and our participants.

If your budget doesn't meet the costs associated with Pegasus' new pricing structure, you have three choices:

1. Pay the 'out-of-pocket' deficit between your existing plan, and Pegasus new pricing structure
2. If your existing plan only partially covers the new pricing structure, or you haven't been approved for an NDIS plan, we encourage you to apply for a Pegasus' Riding Scholarship (Mounted or Unmounted)
3. Contact us on 02 6254 9190 or email admin@pegasusact.com.au to make a time to discuss options that might help subsidise your 'out-of-pocket' expenses.

Pegasus Scholarships

Scholarships open in late November 2017 with applications closing in February 2018 with the successful applicants notified in February 2018. Pegasus' Awards Night is held in February each year when scholarship sponsors will award Scholarships to selected recipients. To find out more visit <http://www.pegasusact.com.au/2017-riding-scholarships.html> which has details of this year's scholarships.

Pricing schedule

Item	Cost	Session Length	Frequency	Explanatory
Assessment	\$20	½ hour	One-off	Assessment determines participant support needs, and enables Pegasus to provide you with a quote (Schedule of Supports)
Participant registration	\$100.00	N/A	Annual (calendar year).	Riding for Disabled Association Australia (RDAA) membership; for personal accident insurance for participants.
Mounted Group	\$70 Session	1 hour	Charged per session	This includes a Coach for the group and one support personnel for the participant
Mounted Group (high needs)	\$80 Session	1 hour		This includes a Coach and two or more support personnel. Pegasus can supply up to three supports per participant depending on how many supports have been deemed necessary at the participants' assessment (needs and safety).
Mounted Private	\$50 Session	½ hour		This includes a Coach and one support personnel for the participant
Mounted (high needs)	\$55 Session	½ hour		This includes a Coach and two or more support personnel. Pegasus can supply up to three supports per participant depending on how many supports have been deemed necessary at the participants' assessment (needs and safety).
*Saturday	\$5 extra	Per session		Weekend rates apply
Unmounted Group	\$60	1 hour		This includes a Coach for the group and one support personnel for the participant
Unmounted Private	\$40	½ hour		This includes a Coach and one support personnel for the participant
*Saturdays	\$5 extra	Per session		Weekend rates apply
Hippotherapy Private	\$70	½ hour		Apart from the Pegasus' session fee, you will require a separate agreement with 'asOne Therapy' to access a physiotherapist qualified to undertake the physiotherapy component of this session. Refer to Hippotherapy factsheet.

Example: Quote

Quote

Quote Date	2/Dec/16	Session time	11.30am-12.30pm
Participant name	John Citizen	Number of sessions	38
Program date/s	3/Dec/16	Session length (hours)	0.5

Mounted Program					
Item	Session Length	Frequency	Term	Cost	Total
Participant Registration	N/a	Annual	Calendar Year	\$100	\$10
Mounted Group	1 hour	Weekly	1 year	\$70	\$2,660
Saturday	Per session	Per session	as above	\$5	\$190
TOTAL					\$2,950

Please note:

**This quote is subject to Pegasus Fees, Payments and Cancellations Policy 2016.
To approve this quote, please contact Pegasus to complete a Service Agreement.**

Pegasus NDIS registration number is; 4050 001 895 – Participation in Community, Social, and Civic Activities.

Goals and outcomes

Goals will differ for each person due to their individual and unique circumstances and life context. Goals:

- may be aspirational, for example:
 - to be able to ride outdoors on a horse/pony
 - to learn to verbalise instructions to a horse/pony
- may relate to maintaining current life activities or social participation, for example:
 - to continue being able to participate in horse riding lessons.
 - to improve my horse husbandry skills
- may relate to skills development or health and wellbeing, for example:
 - maintain my flexibility to keep walking as long as possible.
 - to be able to do physiotherapy outside of a clinical environment.

Contact us

To discuss any questions regarding your Pegasus program, please contact us below on 02 6254 9190 or at the email addresses below:

Position	Name	Email address
Administration Officer	Chai Jaiyai	admin@pegasusact.com.au
Executive Officer	Matt Watson	matt.watson@pegasusact.com.au
Program Manager	Andrew Kelly	Andrew.kelly@pegasusact.com.au

FACTSHEET



Mounted Program

Mounted program: Our Mounted riding programs are for people with a disability aged from three years to adult; with sessions being delivered privately or in a social class setting. This is a recreational horse-riding program, which enables our participants to learn and develop the equestrian skills needed to participate in a horse-riding experience.

Benefits of this program include community participation, health and wellbeing, improvements in balance and coordination, increased confidence and self-esteem, physical awareness and trust, leadership and learning skills circulation and respiration, and agility and fitness.

Mounted program goals and outcomes

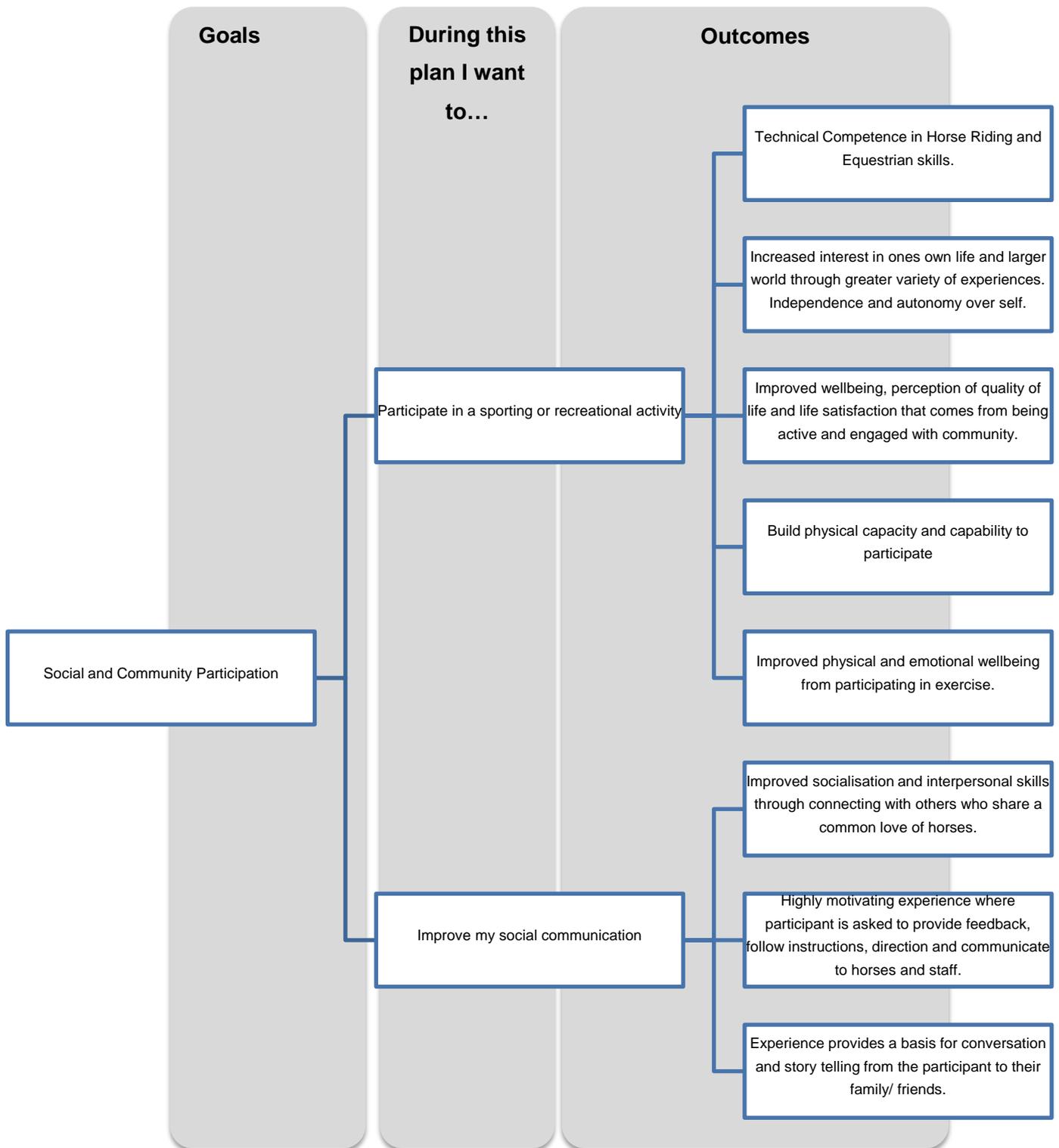
Pegasus' Mounted program can support NDIS participants to deliver their goals and aspirations in a number of ways.

- Social and Community Participation
 - technical competence in horse-riding and equestrian skills
 - improved socialisation and interpersonal skills through connecting with others who share a common love of horses
 - improved wellbeing, perception of quality of life and life satisfaction that comes from being active and engaged with community
 - improved social communication
 - improved emotional regulation through physical and emotional benefits of participation in physical learning program
 - increased self-esteem and confidence through learning to manage and connect with a large animal
 - improved fitness and capacity to participate

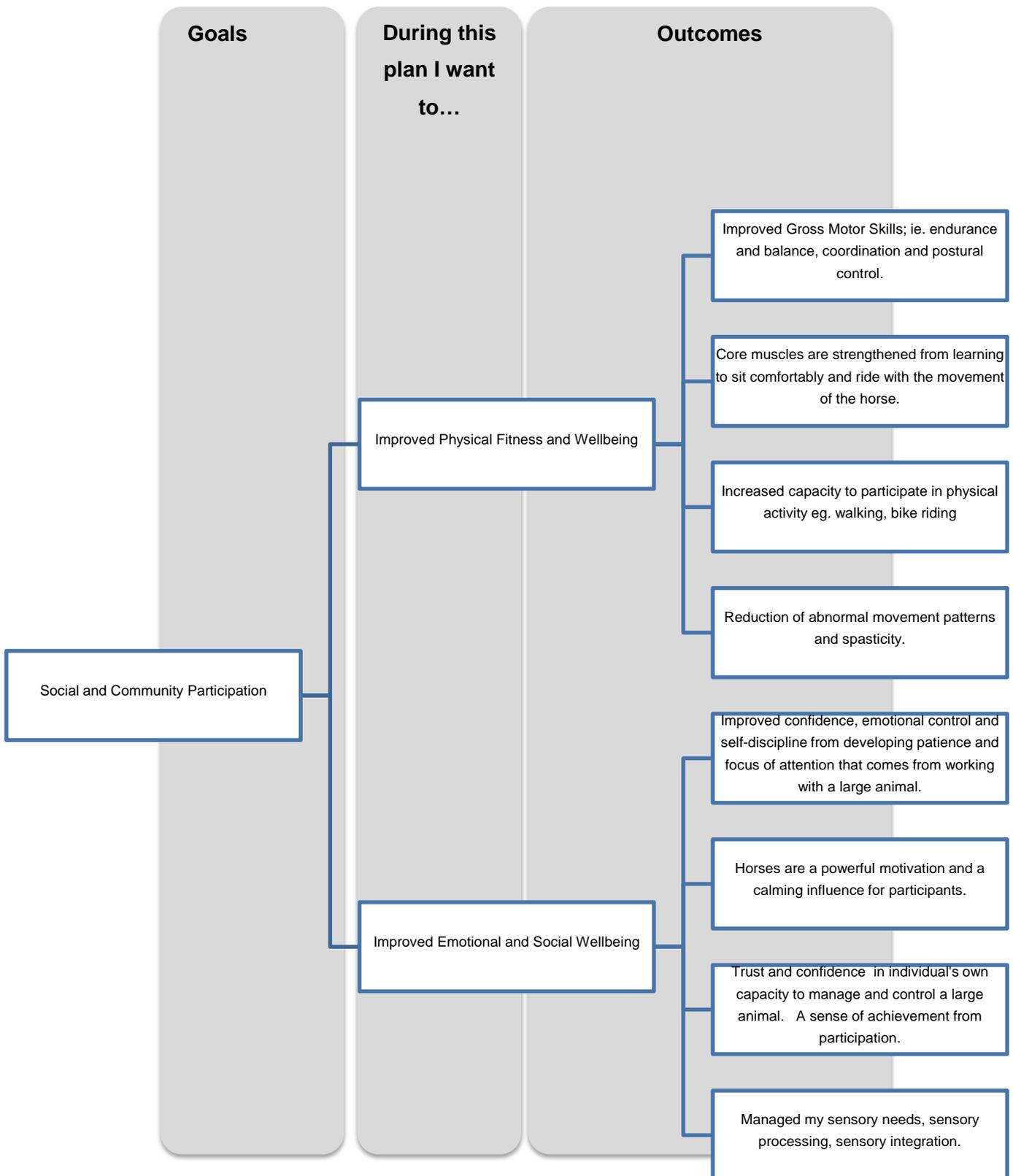
- Skills Development
 - increased physical capacity and capability, fitness and endurance
 - improved gross motor skills such as endurance and balance, coordination and postural control
 - reduction of abnormal movement patterns and spasticity for those affected
 - building competence in horse-riding, horse husbandry and equestrian skills

On the following pages are two maps of how the Mounted program. Each participant's goals will be different, and tailored to the individual.

Mounted Programs Goals and Outcomes Map



Mounted Programs Goals and Outcomes Map (cont.)



FACTSHEET

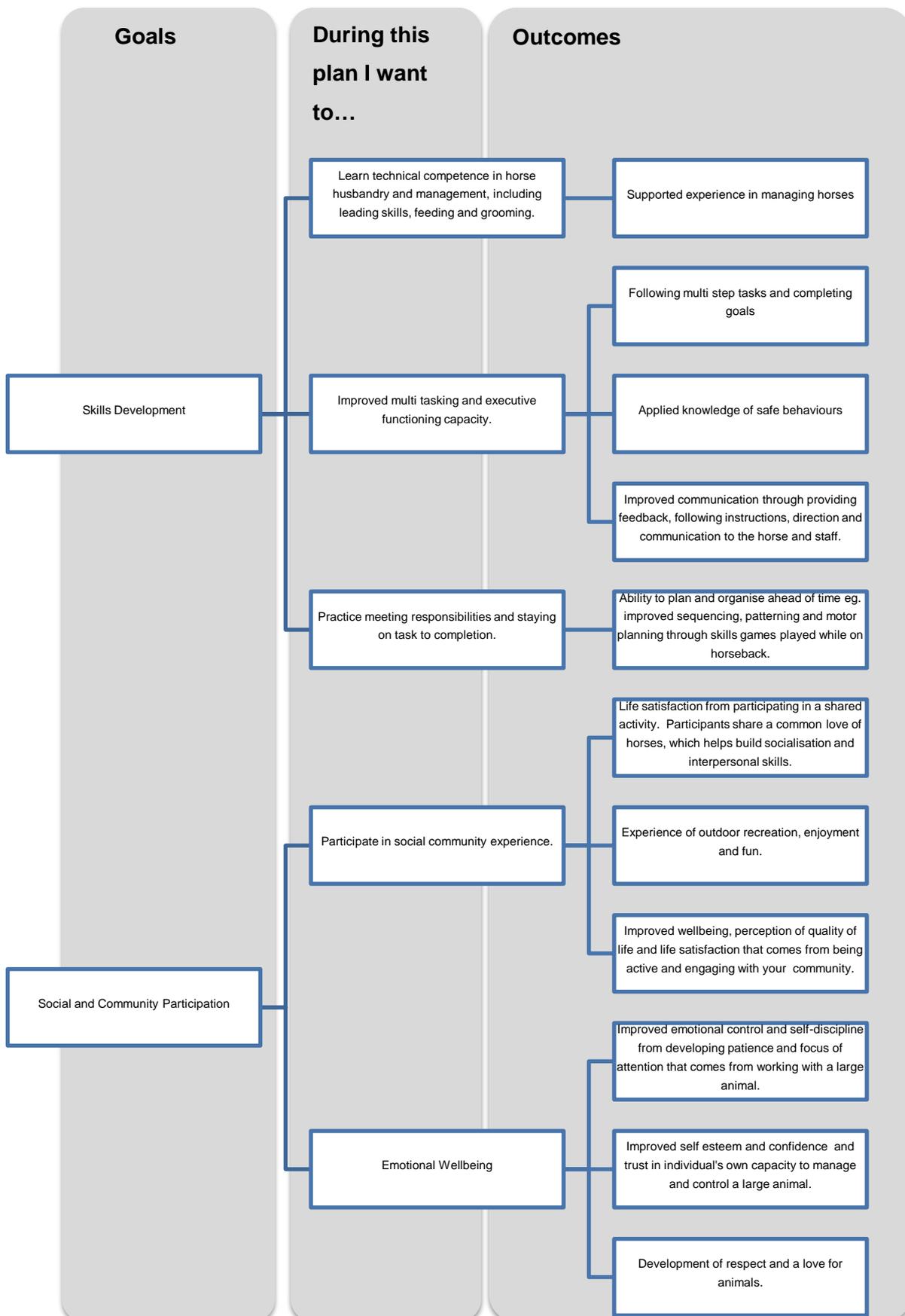
Unmounted 'Horsing Around' program

The **Unmounted 'Horsing Around' program** provides community participation support for young adolescents and adults with a disability, and delivers post-school activities for those aged 18 years and over. The program provides a basic introduction to horse husbandry and management skills – learning how to care for horses; lead, feed and groom, along with activities designed to assist and work with others. Participants develop the ability to learn and follow work processes; build practical, social and decision-making skills; gain awareness and understanding of a workplace environment, and learn patience, control and responsibility. This program is highly valued by families and carers who struggle to find a supported outdoor community participation experience or capacity building activities for young adults.

Program goals and outcomes

The map on the following page demonstrates how an Unmounted program. Each participant's goals will be different, and tailored to the individual.

Unmounted 'Horsing Around' Program Goals and Outcomes Map



FACTSHEET



Hippotherapy program

Delivered with specialised support from a qualified physiotherapist, this program aids children with physical disabilities. The term Hippotherapy literally means 'treatment with the horse'. Specially trained physiotherapists use this therapy treatment for individuals with movement disabilities. The variable gait, tempo, rhythm, and repetition of a horse's movement can influence human neuromuscular development. The horse emulates that of the human walk; improving coordination, muscle development and fitness. Out of the boundaries of a clinical setting, it enables a child to undertake physical therapy that is natural and free-flowing.

'asOne Therapy' who are a registered provider of Therapy Supports and provides Hippotherapy sessions at Pegasus. To book or for more information, contact 'asOne Therapy' by calling 02 6250 7300 or email: info@asonetherapy.com.au

Mounted program goals and outcomes

On page 9 and 10, the Program Goals and Outcomes map of the Mounted program could be viewed alongside goals and outcomes for therapeutic supports. Each participant's goals will be different, and tailored to the individual.

FACTSHEET



School Holiday Program

Integrating people with a disability, and beginner riders, this school holiday activity combines mounted and un-mounted programs. The horse-riding program enables our participants to learn and develop the equestrian skills needed to participate in a horse-riding experience while also encouraging improvements in balance and coordination, increased confidence and self-esteem, physical awareness and trust, leadership and learning skills, circulation and respiration, and agility and fitness. In the un-mounted programs participants are allocated a horse as their companion during the program, and learn empathy, understanding, team work, and basic horse care. The horse brings together a shared interest developing friendships with their peers.

For people with a disability, this program provides an opportunity for participants to ‘test’ the benefits of Pegasus’ horse facilitated therapy, and how this program could provide a platform to transition to the more intense weekly term time mounted or unmounted program.

Pegasus’ School Holiday Program is mostly designed as a four day intensive program for one week of each school holiday – a total of four weeks throughout the year.

Mounted program goals and outcomes

On page 9 and 10, the Program Goals and Outcomes map of the Mounted program, or on page 12, the Program Goals and Outcomes map of the Unmounted program could be viewed alongside goals and outcomes for therapeutic supports. Each participant’s goals will be different, and tailored to the individual.