

# Mounted Program – individual/group

Our mounted riding programs are for people with a disability aged from three years to adult, with the lessons being delivered individually or in a social class setting. Our emphasis is on assessing the abilities and needs of each participant, through consultation with relevant people (participants, teachers, occupational and speech therapists, psychologists, parents and carers), and developing an individualised program for each participant to enhance their abilities. Lessons and activities are delivered by our nationally-accredited Riding for the Disabled Association of Australia (RDAA) coaches.

## Outcomes and benefits

### Physical and sensory:

- Increased muscular and postural control. Core muscles are strengthened from learning to sit comfortably and ride with the movement of the horse.
- Reduction of abnormal movement patterns and decreased spasticity – through the warmth and movement of the horse and stretching tight or spastic muscles.
- Stimulation of sensory processing, especially vestibular (balance) and proprioceptive (spatial orientation of the body in regards to position, motion and equilibrium) sensory systems.
- Helps integration of sensory systems – sight, vision, movement, hearing, touch, vestibular.
- Improvement in gross and fine motor skills.
- Increased endurance and low-level cardiovascular conditioning.
- Improved overall fitness and physical capacity from participation in weekly exercise to improve motion, balance, muscle strength and coordination.

### Psychological:

- Enriched confidence, trust and self-esteem.
- Improved wellbeing, perception of quality of life and life satisfaction that comes from being active and engaging with your community.
- Increased interest in one's own life and the larger world through a greater variety of experiences.
- Improved emotional control and self-discipline from developing the patience and focus of attention that comes from working with a large animal.

- A sense of achievement from being able to master the skills necessary to participate.

#### Social and communication:

- Participants share a common love of horses and the experience of riding, which helps build socialisation and interpersonal skills.
- Improved communication through providing feedback, following instructions, direction and communication to the horse and staff. For example, moving from visuals to verbal commands in order to better influence the horse to follow a rider's instructions.
- Development of respect and a love for animals.
- Experience of outdoor recreation, enjoyment and fun.

#### Educational:

- Increased technical competence in horse riding and equestrian skills.
- Applied equestrian knowledge and practiced safe behaviours for riding.
- Demonstrated improvement in multi-tasking and executive functioning capacity.
- Improved sequencing, patterning and motor planning through skills games played while on horseback. For example: obstacle courses, pole bending.
- Improved hand-eye coordination and visual and spatial perception.
- Increased ability to differentiate significant from less significant stimuli in the environment. For example: attend to the horse and those things that influence the horse and not the environment in general.

#### **To register for the Mounted Program:**

To apply for a place in the Mounted Program, please complete an Expression of Interest Form. Forms are available by contacting our administration at [admin@pegasusact.com.au](mailto:admin@pegasusact.com.au) or by phoning 02 6254 9190.

**Please note:** There is a lengthy waiting list for program placement. After we have received your completed Expression of Interest Form, you will be included on our waiting list.