

Unmounted 'Horsing Around' Program



The Unmounted 'Horsing Around' Program provides support for young adolescents and adults with a disability, and delivers post-school activities for those aged 18 years plus. The ten week (2hr per week) program provides a basic introduction to horse 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 an awareness and understanding of a workplace environment, and learn patience, control and responsibility.

This program is valued by families, and carers struggling to find appropriate activities for their young person.

Outcomes and benefits

Educational:

- Basic technical competence in horse husbandry and management, including leading skills, feeding and grooming.
- Demonstrated improvement in multi-tasking and executive functioning capacity.
- Practice in meeting responsibilities, and staying on task to task completion.
- Understanding of the physical and technical requirements for riding a horse through work on the vaulting barrel.
- Applied knowledge and practiced safe behaviours around large animals.

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:

- Improved communication through providing feedback, following instructions, direction and communication to the horse and staff.
- Participants share a common love of horses, which helps build socialisation and interpersonal skills.
- Development of respect and a love for animals.
- Experience of outdoor recreation, enjoyment and fun.

Physical and sensory:

- Improved overall fitness and physical capacity from general activity to increase blood circulation and activity in large muscle groups.
- Improvement in gross and fine motor skills.
- Increased flexibility from stretching to increase body awareness, maintain muscle length and range of joint movement.

To register for the Unmounted 'Horsing Around' Program:

To apply for a place in the Unmounted 'Horsing Around' Program, please complete an Expression of Interest form. Forms are available by contacting our administration at 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.