



## Horses providing therapy for people with disabilities

## Christchurch group riding for the disabled

Christchurch Riding for Disabled provides therapeutic riding sessions for people with disabilities. At any given time we have up to 70 riders attending our sessions. Ages range from 3 to 70 years.

For the young of age with a physical disability this not only means physical therapy appropriate to their condition, but the opportunity to partake of an activity that crosses physical barriers and gives them a mobility more in keeping with able bodied children their own age.

Children with a non-physical disability such as those diagnosed with the Autistic Spectrum Disorder also benefit from the physical aspects of riding but for them the relationship with the horse comes to the fore.

Our adult riders who may be recovering from a stroke, car accident or dealing with the day to day struggles of a debilitating disease encompass all of the above; and for all of our riders it can mean a massive boost in confidence and self- esteem.



## Information on joining a riding session at Christchurch RDA

- \* Our waiting list is at least 12 months but individual specialist sessions may become available sooner.
- \* For the welfare of the horses there is a maximum riding weight of 75kgs.
- \* A medical clearance form is required and physiotherapist or OT assessment recommended.
- \* Parent or legal guardian consent is required for children under 18 years.
- \* We only operate during school hours and terms.
- \* Riders are assigned one hour ride per week for a maximum of four consecutive terms.
- \* Session times are : Mon to Fri - 9:45am, 11am & 1pm

## Price

There is a fee of \$120.00 per term per rider (reviewed annually)

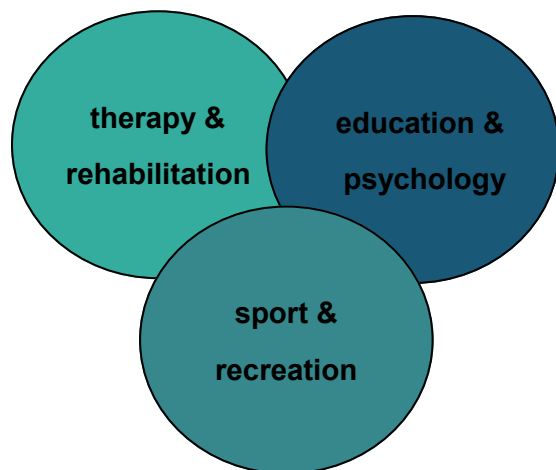
## Contact

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[www.chchrda.org.nz](http://www.chchrda.org.nz)

## Riding in a therapeutic programme fosters....



## benefits to riders.....

- \* Challenging, enjoyable and fun
- \* Improves balance, co-ordination and posture
- \* Improves concentration and spatial awareness
- \* Builds confidence and self-esteem
- \* Strengthens muscles
- \* Encourages communication and social skills
- \* Promotes independence and encourages decision making
- \* Recognised as a competitive sport



## who can benefit?

Children or adults with....

- \* Autism
- \* Psychiatric illness or disorder
- \* Emotional disturbances
- \* Amputees
- \* Cerebral Palsy
- \* Downs Syndrome
- \* Head injury
- \* Multiple Sclerosis
- \* Spina Bifida
- \* Intellectual disability
- \* Learning disabilities
- \* Sensory, perceptual or cognitive disorder
- \* Multiple disabilities
- \* Muscular Dystrophy
- \* Developmental Delay
- \* Respiratory disorders
- \* Stroke or head injuries
- \* Vision, hearing or speech impediment

