



WHO WE ARE

Riding for the Disabled Association of Western Australia – Carine Group Inc. combines the transformative power and the therapeutic effects of horse riding. This is achieved by the provision of equestrian activities that expand the horizons, develop the abilities and enrich the lives of individuals with varying abilities and additional needs.

The warmth and three dimensional movement of the horse is transferred to the rider's body, making it more relaxed and supple, strengthening core stability and improving balance, posture and co-ordination.

RDA Carine programs include Therapeutic Riding; Hippotherapy; Vaulting; Leading Reins Corporate Training and Own a Horse for the Day School Holiday Camp.

We offer Therapeutic Riding sessions from Monday through to Saturday and Hippotherapy sessions on Monday and Wednesday mornings both throughout the school terms.

RDA Carine acknowledges the Whajuk Noongar people who are the traditional owners of the land we now share. We respect the continuing knowledge, culture and understandings held by the Elders, past, present and future.

RDA CARINE CATERS FOR PEOPLE WITH;

- Intellectual disabilities
- Specific learning disabilities
- Injuries resulting from accidents
- Cerebral Palsy
- Spina Bifida
- Muscular Dystrophy
- Multiple Sclerosis
- Down Syndrome
- Thalidomide
- Visual and Hearing Impairments
- Autism
- Amputees
- Special Needs
- Acquired conditions such as Parkinson's Disease

INCLUDE RDA CARINE IN YOUR NDIS PLAN

RDA Carine is an Unregistered NDIS Provider complying with all relevant rules and regulations, including the NDIS Code of Conduct, Riding for the Disabled Australia (RDAA) regulations, Sport Integrity Australia National Integrity Framework Policies and RDA Carine Policies and Procedures. Participants whose NDIS Plans are Self-managed and Plan-managed can use their funds to access our Equine Therapeutic Riding Program services.

Our professional and highly specialised Program support services are run by RDAA Nationally qualified and accredited Coaches. The session Support Fee is for the costs associated with the specialised support services we provide for children and adults with a disability to access our Equine Therapeutic Riding program activity, not for the horse-riding activity itself.

RDA Carine services have been categorised as recreational activities. NDIS funds for our Equine Therapeutic Riding Program are allocated from the NDIS Plan Core Supports Budget under the line item Assistance to access Community, Social and Recreational Activities (Item Ref No: 04_104_0125_6_1). The Capacity Building Supports Budget funds may be used by Self-managed and Plan-managed participants.

CONTACT

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RDA CARINE

RIDING FOR THE DISABLED ASSOCIATION
 OF WESTERN AUSTRALIA
 CARINE GROUP INC.





THERAPY
ABILITY
SPORT

WHY VOLUNTEER?

RDA Carine would not exist without the support of generous people who give up their time to help make a significant difference in the lives of others within the community.

Our centre needs volunteer helpers over the age of 14 years to assist in providing weekly therapeutic sessions to our participants with disabilities and special needs. Be a part of a team that helps to develop the abilities and enrich the lives of our clients.

WHY SPONSOR?

Our centre relies on the generous support of individuals and businesses to make a difference to the lives of people with varying abilities and additional needs.

RDA Carine would be delighted to have you or your company involved with such a great cause.

We extend an invitation for you to be involved as a sponsor with attractive brand awareness opportunities tailored to suit your own marketing strategies.

Any support will contribute to the ongoing operations of RDA Carine and will be greatly appreciated.

Be part of an elite group of businesses that are helping to make a difference in the lives of people with varying abilities and additional needs across Australia.

BENEFITS OF RDA

PHYSICAL

- Improved balance
- Strengthening of core muscle groups
- Improved coordination of both fine and gross motor reflexes
- Improved respiration and circulation
- Sensory integration
- Improvement of hand/eye coordination
- Increased range of joint mobility

PSYCHOLOGICAL

- General sense of well being
- Improved self confidence
- Emotional control and self-discipline
- Increased interest in the outside world
- Sense of achievement

EDUCATIONAL

- Remedial reading and mathematics
- Sequencing, patterning and motor planning
- Visual spatial awareness

SOCIAL

- Friendship
- Enjoyment
- Development of respect and love for animals



INSPIRATION
FREEDOM
FUN

HORSE RIDING IS A GREAT FORM OF PHYSICAL EXERCISE WHICH NOT ONLY BENEFITS THOSE WITH A WIDE RANGE OF DISABILITIES THERAPEUTICALLY BUT IT IS ALSO GREAT FUN. RIDING DEVELOPS ABILITY.



FRIENDSHIPS
COURAGE
HOPE

WHY DONATE?

The average cost of a horse is \$20,000 per annum, and with an average of 14 horses in our herd, our overheads are understandably extremely high.

Any support contributed to our organisation will assist us greatly in the day to day operations and the ongoing welfare costs of our herd.

To donate, please visit our website at <https://rdacarine.org.au> or Phone **9448 6376** or Email admin@rdacarine.org.au