



Developing abilities and enriching lives.  
through equestrian activities

Riding for the Disabled Association of Western Australia

Carine Group Incorporated

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To whom it may concern

RDA Carine provides our Equine Therapeutic Riding Program for children and adults with disabilities. Riders who participate in the Equine Therapeutic Riding Program do so under the teaching of specially trained coaches. For some riders, their goals may be related directly to the development of horse riding skills or be therapeutic based. The coaches at RDA work with the riders and use horse riding to facilitate a wide range of benefits not limited to the list below.

RDA Carine works on Core Supports for participants in our Equine Therapeutic Riding Program such as:

- Following instructions
- Making decisions
- Planning
- Encouragement of independence
- Community interaction and social activities
- Development of emotional and sensory regulation
- Personal space boundaries
- Physical skills such as balance, strength, coordination etc
- and many more activities to encourage rider's interaction with people in our community.

The delivery of RDA Carine's Equine Therapeutic Riding Program is completed in a way that it is encouraging, enjoyable and educational for all involved. Lessons are varied to facilitate a variety of interests and allows participants to access equestrian activities and environments they may not have access to previously.

RDA Carine develops Short and Long Term goals for each rider, on an individual basis. These Goals and Aims are developed in liaison with parents, carers, medical and allied professionals and are available to parents as a Report. These goals and plans are reviewed twice per term or as required by our Qualified Nationally Accredited Coaches.

Overall, the involvement of participants in RDA Carine's Equine Therapeutic Riding Program encourages the development of many skills required for many daily living activities.

**Funding for supports for RDA sessions come from the participants Core Support funding budget. The funds for our program are allocated under Assistance to access community, social and recreational activities – Standard – Weekday Daytime. The Support Item Ref No. 04\_104\_0125\_6\_1 Description: Supporting a participant to engage in community, social and/or recreational activities.**

Capacity Building funding can be used if the Participant/Participant's representative is Self-managed or Plan-managed.

**The RDA Carine costs which may be met by the NDIS Plan are scheduled at \$50 per hour session for a total of 38 Hour sessions per year to the Total value of \$1,900.**

Yours sincerely

Karan Worsdell  
NDIS Administrator