

COMMON QUESTIONS ABOUT ADAPTIVE RIDING LESSONS



What is the difference between adaptive riding and equine-assisted therapy?

Adaptive riding is recreational horseback riding and horsemanship lessons adapted to meet the needs of an individual's disability or challenge. Many adaptive riding lessons incorporate grooming and tacking up the horse along with riding. Adaptive riding provides a unique combination of physical and emotional benefits, and is taught by a PATH-Certified instructor rather than a therapist. In equine-assisted therapy sessions, the movement of the horse is used as a treatment tool to help improve function in everyday life. Therapy is delivered by licensed physical, occupational, or speech therapists.

What benefits does a rider receive from adaptive riding?

Adaptive riding utilizes on- and off-horse activities to positively contribute to the cognitive, physical, and emotional well-being of individuals with special needs. Horseback riding and horsemanship activities encourage improvements in:

- Flexibility, balance and muscle strength
- Attention span
- Ability to follow multi-step directions
- Appropriate social interactions (including eye contact, vocal volume and expressive language)
- Confidence and self-esteem

Horseback riding often improves a client's quality of life by providing an opportunity to bond with their horse, instructor, side walkers, and peers. For individuals with limited mobility or difficulty connecting with others, adaptive riding offers a chance to participate in a sport and connect with others via a shared interest/activity.

How many riders are in each lesson?

We offer both private and semi-private lessons. Riders in a semi-private lesson receive the added benefits of social interaction with another rider of similar age. Clients typically ride once a week, and lessons are 30 minutes.

How much do lessons cost?

Please contact info@nceft.org for current pricing. NCEFT treats military personnel and first responders free of charge.

Are adaptive riding lessons covered by insurance?

Adaptive riding is a recreational activity and is rarely covered by insurance.

Is financial assistance available?

Yes, NCEFT has a financial assistance program that defrays program fees on a sliding scale based on the US Department of Housing and Urban Development (HUD) guidelines.

Can missed lessons be made up?

Please contact info@nceft.org for our current cancellation policy.

Do lessons take place year-round?

NCEFT operates year-round, weather permitting. Weather conditions that might prevent us from holding sessions include high wind or extreme heat. Our arena is covered, so rain alone usually does not prevent sessions. Sessions are held Monday through Friday, from 10:00 a.m. to 5:00 p.m. We are closed periodically throughout the year to give our horses their required rest. Our current session calendar can be viewed on our website at <https://www.nceft.org/calendar/>

Are there any limitations for participants?

NCEFT does not treat adults or children who cannot sit unassisted or who cannot safely work with the therapy team, including the horses. NCEFT is equipped with an overhead lift for those who are unable to mount from a standing position. NCEFT can accommodate most riders, provided they are:

- At least four years old
- Not a danger to themselves or others (no hitting, biting, hair pulling, etc.)
- Comfortable wearing a helmet
- Able to maintain an upright head and neck position
- Able to follow single step instructions
- An appropriate weight for the horses that are available

What is PATH International?

PATH International is the accrediting and certifying body for professionals in the equine-assisted activities field. For more information about PATH, visit their website at pathintl.org

What is the procedure to sign up for Adaptive Riding Lessons?

The first step is to fill out a screening form online at nceft.org/our-services/apply-for-a-program. After submitting the form and/or participating in a phone interview, our instructors will determine eligibility for an in-person evaluation. If eligible, we will send you an intake packet to complete and return to NCEFT. Once NCEFT receives the completed intake packet, we will schedule the evaluation. Scheduling is based upon availability of the client, therapist, and horse. Please note that many NCEFT programs currently have waiting lists.



NATIONAL CENTER FOR EQUINE FACILITATED THERAPY

880 Runnymede Road, Woodside, California, 94062 • 650-851-2271 • info@nceft.org • www.NCEFT.org

NCEFT is a 501(c)(3) California public benefit corporation. Tax ID# 94-2378104