



HEARTS ADAPTIVE RIDING CENTER

HEARTS HEROES



Therapeutic Horseback Riding is already proving beneficial to rehabilitating veterans in other parts of the country.

What it is:

The Hearts Heroes Program is a therapeutic horseback riding and horsemanship curriculum specifically designed for United States veterans with a service connected disability.

Where:

Hearts Adaptive Riding Center
4420 Calle Real
Santa Barbara, CA

When:

Classes are held once a week on Tuesday mornings. Each participant rides or interacts with the horses, with up to three other veterans in a group setting for approximately one hour. All potential riders will be assessed by professionals at Hearts Adaptive Riding and cleared by their personal medical doctor.

Cost:

There is no cost to veterans in the pilot program (8 spaces available)

Contact:

805-964-1519 - heartsadaptiveriding@yahoo.com





www.heartsadaptiveriding.org

“HEARTS HEROES” at HEARTS ADAPTIVE RIDING CENTER

Questions and Answers

How is therapeutic riding for Veterans paid for?

Currently the veterans program at Hearts is paid for privately by various donors. There is no cost to veterans.

What kind of equine therapeutic activities are available?

Hearts offers therapeutic horseback riding both in an arena and on the trail as well as ground lessons with the horses such as: grooming, tacking, horse care and horse training.

How long have people been participating in equine assisted therapeutic activities?

Equine therapy has actually been around for centuries. The modern version was introduced in the 1950's in Europe as a recognized form of rehabilitation therapy. Equine therapy and therapeutic activities came to the U.S. in the 1960's.

How long has Hearts been providing therapeutic riding?

Hearts was established in 1985 and has been a nationally accredited premier center with the North American Riding for the Handicapped Association (NARHA) since 1992.

How does riding on a horse provide therapeutic physical benefits?

When a horse is walking its gait duplicates the three dimensional movement of the human hips while walking. For those individuals who cannot walk, or cannot walk without assistance, sitting astride a horse allows the body to be moved as if it is walking normally. This movement increases blood flow, strengthens muscles, stimulates the brain and other vital organs and improves over-all fitness. In addition, the rider's body needs to stabilize on a mobile platform, so core trunk strength is developed, resulting in improved balance.

What types of special needs individuals can benefit from equine assisted activities?

Equine assisted activities benefit individuals with a wide range of special needs including, but not limited to: Amputations (both upper and lower limb); paraplegia; quadriplegia; traumatic brain injury; visual and auditory impairments; post-traumatic stress disorder and depression.

What are the requirements to participate in the program?

Hearts is accepting veterans with a service connected disability. Interested veterans will complete student registration packet, including a medical history form, a liability release form, photo release, and an emergency medical treatment form. Riders must also have their physician's written permission to participate. Hearts will give each rider an initial assessment to ascertain if riding is a safe and appropriate activity for that individual.

Are there other benefits to Equine Assisted Activities?

Definitely! To name just a few of those benefits: Fun; relaxation; improved self esteem; improved life-skills; a sense of accomplishment; independence; possible participation in competition; and, of course, the joy and satisfaction of interacting with a beautiful, well trained horse.

Who oversees the riding or ground lessons?

Lessons are conducted by instructors certified by the North American Riding for the Handicapped Association (NARHA), www.narha.org. If needed, highly trained adult volunteers are available to lead the horse and walk on either side of the rider. As the rider becomes more independent, the number of volunteers is reduced.

Where is Hearts Adaptive Riding Center located?

Hearts is located conveniently off highway 101 between the El Sueno and Turnpike exits at 4420 Calle Real in Santa Barbara, CA.

OK. I'm interested in possibly participating or know someone who is. With whom do I speak?

You can either speak with your therapist or physician, or you can call Connie Weinssoff, Program Director, at (805) 964-1519. See our website at www.heartsadaptiveriding.org.



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HELP A HERO!



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Who:

Do you have what it takes to help a hero? Volunteers need to be over 18, able to lift 35 pounds, walk at a brisk pace for up to 45 minutes and can commit to an 8 week session. No horse experience necessary! Fellow servicemen or women (military, fire, police, coast guard, and sheriff) are encouraged to apply.

When:

Classes are held once a week on Tuesday mornings. Volunteers are needed from 9:30a-12:30p.

Contact:

805-964-1519 - Emily@heartsadaptiveriding.org

www.heartsadaptiveriding.org

