

HEARTLAND HORSES



EQUINE ACTIVITIES & LEARNING

is a volunteer-driven, non-profit organization that was founded in 1998 by Sandy Kuhn. We are members of PATH (Professional Association of Therapeutic Horsemanship, Inc.) and the Certified Horsemanship Association (CHA).

What we do:

Heartland Horses is dedicated to providing equine-assisted activities for special needs individuals in our community, completely free of charge.

Equine-assisted activities provide numerous therapeutic benefits for special needs individuals. In association with other therapies, these activities enhance cognitive, perceptual and motor skills through an integrative and goal-oriented approach. While riding or interacting with our horses, individuals with limited mobility experience independent movement, non-verbal or autistic individuals find their voices and participants find themselves focusing on what they can do, rather than what they cannot do.

Mounted Activities:

Mounted equine-assisted activities involve teaching special needs individuals the necessary skills and techniques required to ride a horse as independently as possible. The emphasis is not only on the physical benefits of riding or interacting with horses, but also on the development of the relationship between the rider and the horse. The self-discipline required to understand and control the horse instills a sense of responsibility and enhances task concentration in the rider. The autonomy associated with riding or handling a horse also serves to promote the rider's self-esteem and positive personal image.



Non-mounted Activities:

Non-mounted equine-assisted activities are appropriate for all special needs individuals, including those who are working on developing life skills to obtain employment and those who are not candidates for mounted activities due to weight, seizure disorders, and various other factors or conditions. Program participants focus on following instructions, task analysis and task completion, socialization, and horse safety. Activities include feed preparation, horse grooming, horse handling, interaction with horses and more

A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free within the state. Registration does not imply endorsement, approval, or recommendation by the state. Call 1-800-435-7352 for more information.

59-3734956



Physical Benefits

Improved: Balance, Muscle Strength, Circulation, Visual Spatial Perception, Hand-eye Coordination, Respiration, Circulation and Agility

Increased Range of Motion in Joints and Motor Planning

Postural Reactions and Faster Reflexes
Stretching of Tight or Spastic Muscles

Social and Emotional Benefits

Self-confidence, Self-esteem and Independence
Development of: patience, control and self-discipline

Improved social adjustment

Development of respect and care for animals

Heartland Horses provides equine-assisted activities designed for special needs individuals of all ages. Children and adults with a diagnosed physical, mental, or developmental disability are welcome. Program participants are required to obtain a signed release from a medical or mental health professional and complete the required program registration forms. These services are provided free of charge for participants thanks to the generosity of program supporters. Riding sessions are held on Tuesday, Wednesday, Thursday, and Saturday with scheduling by appointment.

