



OFFERING SERVICES TO SELF & PLAN  
MANAGED NDIS PARTICIPANTS  
SOCIAL & COMMUNITY PARTICIPATION

Port Macquarie Horse Riding Centre has launched the “Horse Power” program.

The Horse Power program builds confidence and self-esteem, promotes a healthy lifestyle, helps participants learn about themselves and horses, builds relationships and trust with their equine partner and works towards community participation. We aim to spark a passion for horses and horse riding and hope to instill a lifelong love of horses in our participants.

Horse Power includes learning experiences such as:

- Confidence building activities
- Communication
- Self-Awareness
- Social & community participation
- Ground Work
- Horsemanship
- Grooming
- Tacking up
- Caring for a horse
- Learning to ride a horse

Horses are majestic and calming animals. They can be an emotional mirror for humans. They respond to the feeling state we show. They offer unbiased, effective, and immediate feedback to us in response to our behaviours and our choices. Because of these qualities, horses can be used to help people heal, respond and understand themselves.

Equine experiences are becoming more renowned for their therapeutic benefits. The program is tailored to each individual based on an initial assessment including mapping out a strategy to meet short, mid and long-term goals. Participants and their families are seeing such positive results behaviorally and emotionally not just during sessions but this positivity is stemming through their everyday lives.

Pricing starts at \$100 per session and will vary based on the individual's needs as we may require additional support for some participants.

Sessions may begin in a private one on one setting and work towards participating in group activities as a long term goal.

**Contact Angela Keating**

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