

# COPPER CREST FARM RIDING THERAPY PROGRAM

Pam Umberger • 987 Rose Hill Road • Wytheville, Virginia 24382  
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## THERAPEUTIC RIDING AND DRIVING

### PURPOSE

The purpose of the Copper Crest Riding Therapy Program<sup>®</sup> is to provide recreational therapeutic riding and driving to children and adults with physical handicaps, mental impairments, and/or emotional disorders. Specific activities and exercises associated with horseback riding and driving help strengthen abilities and reduce limitations of each individual participant.

### PARTICIPANTS

Both children and adults who are physically handicapped, mentally impaired, or emotionally disturbed.

### SAFETY

Safety is paramount. Only gentle well-trained horses are used, and participants are taught to move carefully around the horses. Special safety equipment is used where needed. Trained volunteer helpers walk beside or ride with the participants whenever there is a need for assistance. All riding and driving is carefully supervised by the program instructor.

### CONTRIBUTIONS

Copper Crest Riding Therapy Program<sup>®</sup> welcomes and relies upon contributions.

### SPONSORSHIP

Sponsorship is available for participants with limited resources.

### VOLUNTEERS

A vital part of the program's success is volunteer support. Volunteers may function in a number of roles, including leading horses and walking beside riders.

**If you would like to make a contribution, be a sponsor, or volunteer, it would be greatly appreciated by our participants. Contributions may be tax deductible.**

*Comment ~ "I would like to thank you for the riding lessons that I am receiving. I am originally from Yonkers, NY, and we never saw any farm animals. When I was a little girl, I always wanted to ride a horse, it's always been a dream that I have had. So thank you for making that dream come true for me."*

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**THERAPEUTIC RIDING AND DRIVING**

**BENEFITS OF RIDING AND DRIVING THERAPY**

<i>Riding Improves</i>	<i>Driving Improves</i>
<ul style="list-style-type: none"><li>▪ Body Awareness</li><li>▪ Muscle Tone &amp; Body Strength</li><li>▪ Agility</li><li>▪ Balance</li><li>▪ Body Control</li></ul>	<ul style="list-style-type: none"><li>▪ Balance</li><li>▪ Trunk and Arm Strength</li><li>▪ Fine &amp; Gross Motor Coordination</li><li>▪ Cognition</li><li>▪ Trunk and Head Control</li></ul>

**In addition, riding and driving therapy also benefits the participants in the following ways:**

- Improves self concept
- Builds trust
- Boosts confidence
- Fosters communication and socialization skills
- Sharpens concentration
- Encourages independent decision making
- Heightens sensitivity to surroundings
- Relieves stress and decreases anxiety
- Encourages relaxation
- Opens up fellowship of shared experiences
- Improves quality of life
- Provides new challenges and rewarding opportunities



**If you know someone who might benefit from this program, contact Pam Umberger.**

*Comment ~ "I enjoy horseback riding because it is something that I had never done before. I have to admit that at first I was scared, but after awhile I was a little more relaxed. Now it's more amazement than anything else. I just want to say thank you to our sponsor for allowing us this treat. The first time I went, I couldn't wait to tell my parents that I got on a horse. They didn't believe me! They said that I have always been afraid of animals bigger than a puppy. I had to laugh, look at me now!"*