Impression of Saddle Up! Therapeutic Riding Program through Additions to Sensory Field and Creation of Interactive Fine Motor Board

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Mission
Saddle Up!’s mission is to provide children and youth with disabilities the opportunity to grow and develop through therapeutic, educational and recreational activities with horses (Saddle Up).

Vision
Saddle Up! seeks to be an essential community partner enriching the lives of children with disabilities through constantly improving the excellence and accessibility of the highest quality equine assisted activities (Saddle Up).

Saddle Up! Programs
Serves children with disabilities ages 4 through 18

Hippotherapy
- Occupational, physical and speech therapists incorporating equine movement as a treatment strategy

Adaptive Riding
- PATH Int. certified instructors assisting children in mounted and unmounted horsemanship skills

Equine Assisted Learning
- 2 hour classes for groups of students learning unmounted horsemanship skills

Equestrian Club
- Higher level advanced horsemanship skills

Interactive Vaulting
- Performing movements on and around the horse while the horse is lunged in a circle

Identified Needs

Needs Assessment
- Chart reviews of participants, interview with parents, and survey of therapists/instructors to determine specific sensory and fine motor needs of participants

Facility/Program Additions
- Increased opportunities for sensory experiences and developing fine motor skills throughout facilities

Outcomes/Deliverables

Sensory Field
Modified sensory field with numerous stations to aid with sensory processing including Plinko board, sensory tactile and olfactory kits, and a boomwhackers xylophone

Interactive Fine Motor Board
Interactive board of items to improve fine motor skills including items actually used during Saddle Up! lessons

Project Booklet
A collection of tips for ensuring sustainability of project additions, instructions for maintenance as needed, and a list of ideas to be considered for future use.

Quality Assurance

Acknowledgements
Extending a special thanks to:
- Dr. Gibbs for her continuous support and guidance
- Lindsey Wood, for welcoming me and supplying me with everything I needed to be successful
- The Saddle Up! staff and volunteers for their support and shared passion for my project
- The Saddle Up! participants for inspiring me daily and leaving me with some of my favorite memories from OT school
- My Lord and Savior for instilling in me a passion for this profession and allowing me to apply my knowledge and skills to serve the Saddle Up! community

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