

Living Hope Equine Therapy

Using a holistic approach to equine assisted therapeutic services for Veterans, adults, and children with physical, social, and cognitive challenges.



Dear Prospective Participant:

Thank you for your interest in receiving equine-assisted services at Living Hope Equine Therapy Center (Living Hope) located in Ponder, Texas, providing Therapeutic Horsemanship. We are a 501c(3) non-profit organization utilizing horses, trained volunteers, and a highly qualified staff to help make miracles happen!

In order to provide the safest and best therapeutic environment to all our participants, Living Hope has established policies and procedures for acceptance into the program. It is a Living Hope requirement that participants must be at least four years of age to participate in Therapeutic Riding with a PATH Intl. Certified Therapeutic Riding Instructor.

An initial evaluation will be conducted by the Program Administrator to determine the most appropriate path of therapy for each individual. In compliance with PATH Int'l Standards, participants will be periodically reassessed.

Participant guidelines have been established to ensure safety. If the individual meets initial criteria for equine assisted services, then they must complete the enclosed forms. The Physician's Release form must be completed and signed by your physician *prior* to participation. Many forms require a signature and date. All forms must be returned before you or your family member can be enrolled.

Upon completion of the evaluation, required paperwork, and acceptance into the program the participant will be assigned an appropriate class time or be placed on a waiting list until an appropriate class time is available. Living Hope sessions are scheduled based on participant needs, age, and goals, as well as availability of staff, volunteers, and an appropriate horse. To increase your chances of securing a place in the class schedule, be sure to note ALL times that you are available to participate. If placement on a waiting list is necessary, you will be contacted when a time becomes available.

In this packet, you will find other useful information about the Living Hope program such as our goals and fees. If you have email access, please note it on the application form. A great deal of information is made available to our participants electronically. Please call Tammi at Living Hope at (817)-909-6830 if you have any questions concerning this process. We look forward to working with you!

Living Hope Equine Therapy

(817)-909-6830 tammi.livinghope@outlook.com 408 Hogans Dr., Trophy Club, TX 76262

Please return completed forms in person, by mail, or by email at:

Living Hope Therapy Center New Participant
Registration 408 Hogans Dr.
Trophy Club, TX 76262
tammi.livinghope@outlook.com

Living Hope Therapy Center offers services that improve a participant's quality of life through the healing spirit of the horse. Living Hope uses a team approach to provide treatment with the guidance of PATH Int'l Certified Therapeutic Riding Instructors. The horse provides a unique opportunity to achieve goals that enhance physical, emotional, social, cognitive, behavioral, and educational skills for people who have disabilities by not only focusing on horsemanship skills, but also the development of a relationship between horse and participant.

Living Hope aims to provide a holistic approach to equine therapy focusing on more than just riding. The program includes learning to care for the horse, utilize ground work with the horse, and helping establish a bond between the rider and horse. Program services provide the opportunity for improved quality of life for individuals of all life stages.

Our vision is to be innovative in the field of equine-assisted services and to explore new and dynamic approaches to equine-assisted services. We compassionately partner with our horses and recognize the role they play as an integral part of our team. At Living Hope, it is our priority to maximize the benefits to the participant while fostering this partnership between horse and rider. Our goal is to ultimately teach life skills such as problem solving, improving communication, emotional development, and stress management through horsemanship so the benefits reach well beyond the arena.

Some of the needs or disabilities serviced at Living Hope Therapy Center include (but are not limited to):

- Amputation
- Attention Deficit Hyperactivity Disorder
- Autism
- Brain Injury
- Cancer
- Cerebral Palsy
- Down Syndrome
- Multiple Sclerosis
- Muscular Dystrophy
- Post-Traumatic Stress Disorder
- Sensory Integration Dysfunction
- Spina Bifida
- Spinal Cord Injury
- Stroke
- Visual/Hearing/Speech Impairments

Unfortunately, there are some precautions and contraindications that may preclude us from providing services to a participant. The following list will be reviewed during the initial assessment. If any of the conditions exist, equine assisted services are not generally recommended; and the Program Director will have further discussions with you regarding Living Hope's ability to provide safe therapy.

Acute ms	Blood pressure control	Osteoporosis (severe)	Spinal fusion
Acute herniated disc	Coxa arthrosis (Degeneration of hip)	Osteogenesis imperfecta	Spinal instability
Acute stage of Arthritis	Cranial deficits	PVD	Scoliosis greater than 30'
Allergies	Dangerous to self/others	Respiratory compromise	Spondylolisthesis
Animal abuse	Hemophilia	Seizures uncontrolled	Subluxation Dislocation of joint
Anticoagulant Medication	Kyphosis (excessive)	Shunt(s)	Substance abuse
Atlanto-axial instability	Lordosis (excessive)	Skin breakdown	Spina bifida unstable spine

Living Hope Policies & Procedures

Equine Assisted Service Sessions: Based on the needs and abilities of a participant, an individualized program will consist of Therapeutic Horsemanship. Therapeutic Horsemanship classes with 1-3 participants are 60 minutes in length. In some cases, session times may be modified to accommodate a participant's needs. Occasionally, unmounted horsemanship lessons are conducted in lieu of a mounted activity, such as when weather conditions would make a mounted activity unsafe. Please keep in mind unmounted activities are beneficial for teaching a variety of life skills.

Fees:

- Therapeutic Horsemanship Evaluation \$60
- Therapeutic Horsemanship – Private \$85/lesson
- Therapeutic Horsemanship – Group (2-5) \$60/lesson

Payment Policy:

1. Payment from individuals must be received each session prior to services being rendered. In addition to full payment, other payment options are available: monthly or 2 equal payments.
2. Full TR Session fee applies regardless of number of times present for scheduled class time. Clients will be responsible for payment of missed visits unless a doctor's note for that day is provided to your instructor.
3. Any rider that has an account 30 days past due will not be able to ride until their account is brought current. No Exceptions. Riders will also be charged \$35/month after a bill is 30 days past due.
4. An option to provide a credit card on file for monthly payments has been added. Specific payment dates may be arranged directly with our Finance Manager.
5. Agency-funded therapy will be billed directly to the Agency on a monthly basis, or as per requirements.

Holidays: If a participant has a lesson scheduled on a holiday closure, he/she will not be charged for that lesson.

Progress Reports: Instructors will maintain regular progress reports on each participant. Goals and objectives will be reviewed and adjusted as necessary.

Annual Paperwork: Living Hope Therapy Center maintains *required* participant paperwork on an **annual** basis. This includes updated Participant Registration, HIPAA, and a Physician's Release. This ensures Living Hope has the most current information on file for all clients. New packets will be distributed at the end of each year with a return deadline. A participant's services may be put on hold if this paperwork is not complete.

Weight Guidelines: Horse selections are based upon safety, the horse's size, build, age, temperament, lesson objectives, etc. PATH Int'l recommends "regular and re-evaluation" of both horses and participants on a regular basis as it pertains to safe and proper horse selection. Therefore, in order to comply, each horse will be evaluated according to its body weight and body condition score (BCS) as well as other variables; *and* each participant will be evaluated by his/her weight. Both will be at the discretion of the Equine Manager and/or Program Director.

Unmounted lessons will be offered if:

1. Participant becomes too large or heavy for the program to serve safely mounted on a horse or;
2. Program does not have suitable mount for participant

Safety Requirements: It would be a contraindication for participation in the program if any of the following situations occur:

1. A participant's physical condition is exacerbated by participating.

2. An appropriate horse is not available for the client.
3. The participant's behavior poses safety concerns for the participant, staff, volunteers, or horse (at the discretion of the instructor, and/or Program Director, and/or Equine Director).
4. Required paperwork has not been received.

Be aware of safety barriers, hazards, or other restricted areas at our facility. Participants must be supervised by Living Hope personnel in certain areas; this is to ensure the safety of both participant and horse.

Parents, guardians, or designated agents must remain on the premises during lessons.

Punctuality: It is important for a participant to arrive on time for his or her lesson. Consideration should be given that mounted time of a lesson will be an estimated 45 minutes. The rest of the lesson time is used for mounting, dismounting, grooming, and giving 'thank you' treats to the horses.

Late Arrival Policy: If a participant is late for a scheduled lesson, Living Hope cannot guarantee he/she will be able to participate. Once the lesson has begun, the instructor may not be able to leave other participants in order to mount late arriving participants. Therefore, horses will be untacked, and volunteers released 15 minutes after the scheduled start time of the class.

Attendance: For best results, regular and consistent therapy is recommended. Arriving late or missing lessons impairs a participant's ability to progress, disrupts staff schedules, limits other participant's ability to arrange appointments and may impact Agency coverage. It is important that Living Hope maximize appointment scheduling to control therapy costs. We understand that emergencies do arise and will handle these on a case-by-case basis.

Please note the following cancellation policy:

1. If you are unable to make your lesson, please give Living Hope a minimum of 24-hours' notice. If you have a last-minute cancellation, call Tammi at (817)-909-6830, or your instructor directly.
2. If your fees are paid by a service provider (DSSW, Scoggins, ARK, SIT, etc.) Living Hope can only bill for days that you receive services. Therefore, to keep things fair for all participants, if you have an unexcused absence or do not show up for the session, you will be charged a cancellation fee of \$25.00 for which you will be responsible. If the session is canceled by Living Hope, no fee will be charged.
3. Three (3) cancellations in a session OR five (5) cancellations per calendar year could result in the loss of your scheduled appointment time and/or scholarship.
4. While instructors will try to find time for a make-up lesson, cancellation will have no guarantee that a make-up lesson can be scheduled.

Weather Policy: Living Hope follows the NWISD cancellation policy, so if NWISD cancels classes in the event of a national weather advisory Living Hope will as well. Living Hope will cancel classes in the event of a national weather service warning for Denton or Tarrant Counties.

Living Hope uses the Weatherbug app with a Ponder location to make any weather determinations. While we will make every effort to hold mounted lessons, the following are examples of when unmounted horsemanship lessons will be substituted for mounted lessons. If an unmounted horsemanship lesson is not appropriate for a participant, then the lesson will be canceled altogether.

1. If there is thunder and/or lightning within 10 miles of the facility. Living Hope instructors use the "Spark" feature on the WeatherBug app to determine lightning proximity.
2. If temperature + humidity is over 150.
3. If temperature, or "feels like" temperature, drops below 32 degrees Fahrenheit.

In the event of a lesson cancellation due to inclement weather, Living Hope will make every attempt to notify the participant or their representative. It is the responsibility of the participant to ensure that Living Hope has a current phone number and/or email address for participant notifications.

Clothing Requirements for Participants:

1. ASTM/SEI approved helmet (can be provided by Living Hope)
2. Closed-Toe shoes or boots, preferably with heels
3. Long pants (slippery sport pants are not appropriate for riding)
4. Gloves or jacket, as needed

Siblings: If siblings are in attendance with parents of students or clients participating in class, parents are responsible for direct supervision at all times. Noise and disruptive activity distract horses and participants and can be a safety issue especially during mounting, grooming, and tacking. **Conduct While at Living Hope:** It is important that everyone complies with all posted safety rules; therefore, obey all posted off-limit areas. Living Hope is a no-smoking facility and the use of drugs, alcohol or firearms on the property is strictly forbidden. No mistreatment or abuse of any person or animal will be tolerated.

Living Hope operates out of Poco Vista Ranch show barn where private clients board their horses. Living Hope participants are not to interact with non-therapy horses without the express permission of their instructor.

Discharge Policy: Living Hope Therapy Center reserves the right to discharge any participant from the program at any time. Reasons for discharge may include, but are not limited to the following:

1. Incomplete required paperwork;
2. Participant's condition or behavior becomes a safety issue;
3. Participant progresses to a level of skill that they may be better served by a more traditional horsemanship program.

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tammi.livinghope@outlook.com

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Trophy Club, TX 76262

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At Living Hope we know that everyone comes to us with different abilities and challenges. One of the aspects of our program that we are most proud of is our ability to tailor our lessons to each individual's strengths and weaknesses so they can experience the greatest benefits from equine therapy.

Which of the following are challenges that you hope to address in therapy? (Check all that apply)

- Anxiety
- Depression
- Self-Harm
- PTSD
- Suicidal Thoughts
- Muscle Weakness
- Communication
- Social Skills
- Focus
- Self Confidence
- Decision Making
- Balance
- Endurance
- Other:

Any Additional
Comments: _____

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Acknowledgement of Receipt of Living Hope Equine Therapy Policy & Procedures Document

Participant/Guardian,

Please complete below and return to your instructor prior to participation.

I, _____, have received a copy of, understand and agree to the attached Policies & Procedures for Living Hope Therapy Center regarding Participant

_____.

_____ Signature/ Date

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WARNING: UNDER TEXAS LAW (CHAPTER 87, CIVIL PRACTICE & REMEDIES CODE) A FARM ANIMAL PROFESSIONAL IS NOT LIABLE FOR AN INJURY TO OR THE DEATH OF A PARTICIPANT IN FARM ANIMAL ACTIVITIES RESULTING FROM THE INHERENT RISKS OF FARM ANIMAL ACTIVITIES.