

# SOUTHERN DELAWARE THERAPEUTIC RIDING

IMPROVING LIVES ONE STRIDE AT A TIME



## ABOUT US:

Southern Delaware Therapeutic Riding (SDTR) is a Premier Accredited therapeutic riding center located in Eastern Sussex County. We are accredited by the Professional Association of Therapeutic Horsemanship International (PATH). Our PATH certified therapeutic riding instructors and trained volunteers have provided planned sessions in equine-assisted services to children and adults with disabilities since 1988. We are a 501(c)(3) non-profit organization incorporated in Delaware.

## CONDITIONS SERVED:

- Cerebral Palsy
- ADD/Hyperactivity
- Autism
- Head Trauma
- Learning Disabled
- Intellectual Disability
- Muscular Dystrophy
- Multiple Sclerosis
- Speech/Visual/Hearing Impaired
- Emotional/Behavioral
- At Risk Youth
- Aspergers Syndrome

## PROVEN BENEFITS:

### PHYSICAL:

- Improved balance, muscle strength & coordination
- Faster reflexes & better motor planning
- Increased range of motion of the joints
- Improved respiration & circulation
- Stretching of tight or spastic muscles

### PSYCHOLOGICAL:

- Exercise in fresh air on a farm away from a clinical environment
- Improved self-confidence, independence & freedom of movement without walkers & wheelchairs
- Increased self-esteem & sense of responsibility by gaining skills required to control animal much larger/stronger
- Improved risk-taking abilities & problem solving concepts
- Development of patience, cooperation and communication skills
- Increased emotional control & self discipline

## QUICK FACTS:

- SDTR participants range in ages 4 to 75
- Our 2015 move to new accessible riding center in Eastern Sussex County has enabled us to serve more participants and we are planning for additional growth!

## WAYS TO SUPPORT SDTR:

- Sponsor a rider through a scholarship
- Sponsor a horse—their care is our biggest expense
- Contribute to our Capital Campaign
- Volunteer! It's fun and rewarding!
- Contribute through United Way #9415
- Give through employer matching campaigns
- Give by credit card via PayPal at [SDTRHR.com](http://SDTRHR.com)