

# REACH MORE RIDERS CHANGE MORE LIVES 2020

*We increase ability through participation in goal-based riding activities. We provide life-changing opportunities for 2,926 children and adults a year.*

Each year we provide over 35,495 horse-riding and horse-related opportunities at 52 Riding for the Disabled (RDA) groups throughout New Zealand. These opportunities increase the ability, strength and confidence of people with physical, intellectual, emotional and social challenges. Our focus is to make a positive difference no matter what.

## OUR RIDERS

We welcome people of all ages. A person may be referred to us in a number of ways including word of mouth or referral from a health, or teaching professional. Most of our riders are children and teenagers (86%). There are more male riders than females. At 55%, the number of males is similar to the last few years. The number of Māori riders is at 22%, 64% of our riders are of NZ European descent, 3% Asian and 2% Pacific.

## PRIMARY GOAL FOR RIDING

We have three core riding programmes: Education, Therapy, and Sport and Recreation. While a rider's primary purpose or goal initially may be therapy, we incorporate education and recreation elements into our sessions. Each rider has their own goal-based programme, individualised to meet their specific needs.

## PRIMARY DISABILITY

Many of our riders live with more than one disability. We identify which primary disability impacts the most on each rider. A large number of riders are on the autism spectrum (27%). 21% of our riders face educational challenges. These challenges include learning difficulties and attention deficit hyperactivity disorder (ADHD).

## OUR RIDERS

