



**Riding for the Disabled Association
Incorporating Carriage Driving**

Sally Cosford

Speech and Language Therapist

Brain Injury Services

Grafton Manor

RDA Groups

Grafton Manor

- Adults with acquired brain injury
- Adults through the National Autistic Society

Shacksbarn and Buckingham

- Children – physical impairment, learning disorder, autistic spectrum disorder

Riding for the Disabled Association

- 500 volunteer groups
- 18,000 volunteers
- 28,000 riders

RDA activities

- Horse riding
- Vaulting
- Dressage
- Show jumping
- Carriage driving
- Horse care
- Endurance
- Hippotherapy

Horses through history

- Ancient Greeks
- 17th Century Literature
- 1950's

Hippotherapy

Uses the horse as a therapeutic tool

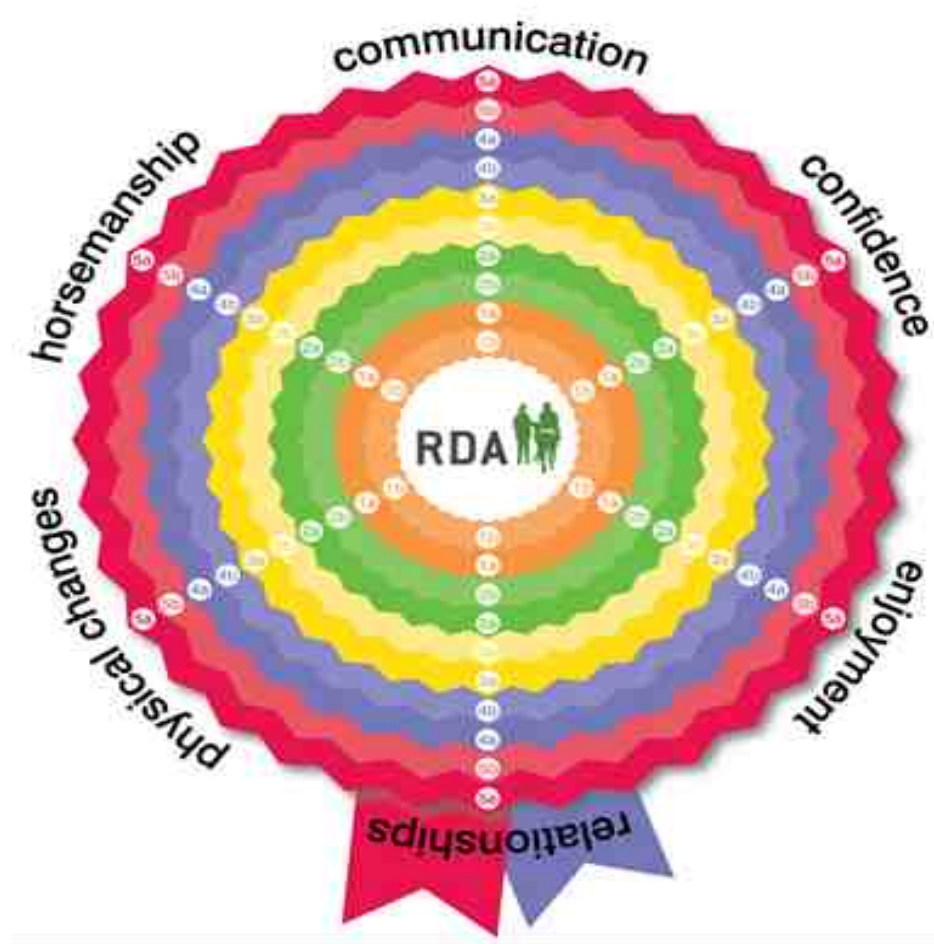
**Association of Chartered Physiotherapists in
Therapeutic Riding**

Benefits of therapeutic horse riding

- Physical
- Psychological
- Recreational

RDA Tracker

Tool for measuring change



RDA Tracker

Changes recorded after 12 weeks

- **Communication** – *65% greater willingness and ability to communicate*
- **Physical** – *74% showed physical improvement*
- **Horsemanship** – *78% advance*
- **Relationships**- *72% improvement in relationship building skills*
- **Confidence** - *77% improvement*
- **Enjoyment** – *75% improvement*

Grafton Manor RDA Group



Shacksbarn and Buckingham RDA Group



rda.org.uk