



Participant Therapeutic Riding Goals

Participant Name: \_\_\_\_\_

Participant Goals for session/year: \_\_\_\_\_

Previous session attended: \_\_\_\_\_ (insert month/year)

As a previous participant, things can change over our "off" season or since a participant last participated. In lieu of a full evaluation for returning participants, please complete the following and return it with the other required paperwork.

Indicate changes in physical, cognitive, emotional or psycho-social \_\_\_\_\_ within the last 6 months:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Indicate learning style for participant:  Visual/seeing  Auditory/hearing  Kinesthetic/doing-moving  
Indicate how participant communicates:  Verbal  Non-verbal  Sign  Braille  Assistive Technology

There are many benefits to therapeutic horsemanship. For the sessions for which you are applying, please check three primary goals from each list below for the participant:

Physical Benefits

- Improved posture of shoulders and back
- Improved balance, sitting and/or standing
- Improved general coordination
- Increased range of motion/muscular strength
- Improved endurance and stamina
- Increased gross and/or fine motor skills
- Increased eye/hand coordination
- Core/trunk strengthening
- Improved motor/sensory motor integration
- Other \_\_\_\_\_

Emotional Benefits

- Increased self-confidence, self esteem
- Increased Empathy
- Sense of empowerment
- Increased sense of trust
- Enjoyment
- Other \_\_\_\_\_

Cognitive Benefits

- Increased vocabulary
- Increased/improved communication skills
- Increased/improved conversation skills
- Improved attention and concentration
- Improved sequencing/planning skills
- Increased understanding of cause and effect
- Improved judgment and critical thinking
- Improved flexibility in thinking
- Color, shape or number recognition
- Other \_\_\_\_\_

Emotional/Psycho-Social Benefits

- Interaction with positive role models
- An experience of success in a supportive environment
- Mastery of a difficult task
- Increased desire to take risks
- Increased/improved social interactions
- Improved co-operation and teamwork
- Increased ability to appropriately solicit help and act independently (self sufficiency)
- Increased desire for responsibility
- Increased self control
- Increased/improved communication skills
- Other \_\_\_\_\_

Additional comments/concerns: \_\_\_\_\_

Goals chosen by \_\_\_\_\_ Date: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_