



TAUPŌ RIDING FOR DEVELOPMENT

Equine Assisted Services

Equine Assisted Growth (EAG)

Ground Based programme Information (NOT riding)

Why EAG?

With the help of an equine assistant, horses and a trained registered councillor, we endeavour to improve the lives of those that are referred to us and/or need a bit of help.

Horses have the unique ability to bring you into the “present.” This ability allows participants to relax & focus To better develop skills needed, for learning, to develop coping strategies, for social engagement and more.

Horses are well known for picking up on and mirroring our emotions. This can be of huge benefit, when working with those suffering from mental health issues. Being around and working with horses can help the patient to build confidence, communication skills, trust, social skills, impulse control, and learn boundaries.

But how can they possibly pick up on our emotions? As well as being non-verbal communicators, horses must be astute at picking up on their herd-mates’ body language, as it happens - our body language speaks volumes to our emotional state.

PLEASE NOTE: There are some factors to consider when deciding to explore equine-assisted growth for yourself or someone else. Always take physical ability and overall health into consideration. If you have scoliosis, spina bifida, back-related health issue or any other health issue, please talk to your doctor before trying equine assisted services.

Kind regards

Georgie Fairest

Operations Manager

Taupo RFD



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Behaviour to Support our Values – (Everyone)

Safety

- Remember that the safety and welfare of participants, Supporters, Horses, Staff and Whanau is paramount
- Always work in the open, with Staff, Whanau, children and vulnerable people
- Ensure that parents and caregivers are available to support riders with personal care needs
- Keep yourself and others safe around horses, do not be complacent
- Keep a professional distance between you, staff, participants and whanau
- Follow all H&S processes and procedures
- Any aggression towards another person, staff or animal, will terminate participant's participation in session immediately and possible termination of any further sessions.

Be part of our team

- Set an example that you would like others to follow
- Support everyone.
- Listen to the opinions of others and be respectful in your replies
- Remember that everyone is entitled to their opinion – even when you do not agree
- Respect the roles that other people do at RFD
- Be prepared to address disagreements with maturity and respect

Respect everyone and everything.

- Treat everyone equally with respect and dignity
- Take care when manually handling or assisting participants
- Do not make assumptions about the ability of participants – ask
- Always use appropriate language – with participants, staff, whanau and colleagues
- Never humiliate, embarrass or undermine anyone
- Do not cause damage to property

Quality control

- Pass on any concerns to the Manager/staff.
- Be open to feedback.
- Listen to the requirements of the day from the Staff



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- *Do the best that you can do every day*

Enjoyment

- *Motivate participants to enjoy their sessions*
- *Always give a positive welcome to participants, staff and whanau*
- *Give positive feedback and encouragement to participants*
- *Do not single people out for praise, treat everyone the same*
- *Share your enjoyment of the horses with participants and whanau*
- *Celebrate successes – however small*

Empathy

- *Make sure that you understand the needs of the participants you are working with*
- *Do not do something for a participant that they can do for themselves*
- *Encourage participants to participate, but do not force them, if they do not want to*
- *If you feel out of your depth, seek advice from the Staff.*

Do not forget that other people have bad days, support everyone with kindness.

Any negative behaviour towards any person, horse or property, could result in suspension or termination of participants trial immediately (staff's discretion).



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