



**simple changes**  
THERAPEUTIC RIDING CENTER

**Mission Statement:** At Simple Changes our mission is to enrich the lives of individuals with disabilities, their families and community through exceptional therapeutic programs, especially therapeutic horsemanship.

**About Simple Changes:** Simple Changes was founded in 2005 with the knowledge that riding and caring for horses significantly improves the lives of individuals with physical, emotional and developmental disabilities. We currently serve 35 clients per week, have use of six horses, and utilize 70 volunteers per week at our Lorton location. Simple Changes also serves 12 clients with the use of four horses and 10 volunteers per week at our Catlett location. Simple Changes offers therapeutic riding, Horses for Heroes, and hippotherapy to our clients.



**Clients Served:** Clients range in age from two – 50 years old, with the majority between four and 12 years of age. We serve individuals with special needs such as autism, cerebral palsy, developmental delay, stroke, mental retardation, epilepsy, Down Syndrome, youth at risk, learning disabilities and more. We currently have a two -three year wait list for services.

**Progress Noted:** Two four-year-old riders began walking after riding at Simple Changes. Several riders have learned to sit up and one 12-year-old rider with autism doubled his vocabulary while riding. Clients have shown improved handwriting, trunk control, task sequencing, and social skills.

**Location:** Simple Changes operates out of the Bureau of Land Management's (BLM) Meadowood Special Recreation Management Area. Meadowood's location, on the Mason Neck peninsula in Fairfax County, is within easy driving distance of much of the Washington, D.C. metropolitan area. The satellite location is located in Catlett, VA at the private residence of one of our staff members which serves Fauquier County as well as Prince William and Fairfax.

**Community Involvement:** We are committed to using the natural richness and beauty of Mason Neck and rural Fauquier to create a recreation program that will not only benefit individuals with disabilities, but their families and the community at large. In any given year Simple Changes' volunteers contribute over 3,000 hours of time to their community. Local youth, senior citizens and the active Mason Neck horse community all volunteer their energy and expertise.



**Professional Affiliations:** Simple Changes is a Premier Accredited Center through NARHA and a member of TRAV. Instructors are all NARHA certified.

**Finances:** Clients only pay half of the actual cost of each lesson; the other half is generated through fundraising efforts including donations, sponsors, grants, and partnerships. All

of the money raised stays in the community, going directly to the center. Simple Changes is a 501(c)(3) organization and all donations are tax deductible.

**Executive Director:** Corliss Wallingford

**Program Director:** Jenny Spain