



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 30 riders, have five horses and utilize 50 volunteers per week.

**Clients Served:** Clients range in age from 2 – 50 years old, with the majority between 4 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 one to two year waiting list.



**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 Recreation 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.

**Community Involvement:** We are committed to using the natural richness and beauty of Mason Neck to create a recreation program that will not only benefit children with disabilities, but their families and the community at large. In just two years Simple Changes' volunteers have contributed over 5,000 hours of time. Local youth, senior citizens and the active Mason Neck horse community all volunteer their energy and expertise.



**Professional Affiliations:** Simple Changes is a Premier Center accredited by the North American Riding for the Handicapped Association (NARHA) and a member center of the Therapeutic Riding Association of Virginia (TRAV). Instructors are NARHA certified.

**Budget:** Simple Changes current budget is \$100,000 per year. Client fees are half of the actual cost of a 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