



Thank you for your interest in Simple Changes. Simple Changes serves individuals who are cognitively, physically or socially challenged. Participants ride in small group lessons of two to four riders with a PATH certified instructor. Please be aware that Simple Changes currently has a weight limit of 175 pounds for riders.

Hippotherapy is also offered on case-by-case basis by a licensed PT. Please contact us for more information regarding cost and availability.

Currently, there is a waiting list for new riders to participate in therapeutic riding. Once you have submitted the appropriate forms as outlined below we will place you on the wait list. We will then contact you when a slot becomes available. Lessons are currently \$55 for a 45 min lesson.

The first lesson will serve as an evaluation. If it is deemed by the Program Director at the evaluation that: 1) the applicant does not want to participate in or would not benefit from therapeutic riding; or, 2) therapeutic riding is not appropriate for the applicant or the applicant's family; then there will be a one-time evaluation fee of \$55 and the applicant will be removed from the Simple Changes schedule and waitlist.

Here are the steps to apply:

- 1) Download and print out attached forms.
- 2) Fill out, sign, and return the **Application, Emergency Medical, Health History, and Seizure** forms.
- 3) Send physician cover letter and form to participant's physician. You can return this form anytime prior to your first lesson but we must have it before you can ride. It must be updated annually. We DO NOT need this form to place you on the waitlist.
- 4) Have therapist(s), if applicable, complete the therapist form and return to Simple Changes.

Please feel free to call or e-mail with questions.

Jenny Spain
Program Director

<p>Please mail completed forms to: PO Box 991 Lorton, VA 22199</p>
