



# Center for Adaptive Riding

Horsemanship and riding for  
people of all abilities



## Building a foundation for our future



[www.AdaptiveRiding.org](http://www.AdaptiveRiding.org)

## Mission

To **empower** people of all abilities through equine-assisted services (EAS).

## Vision

Our vision is to be an inclusive **community** that promotes the physical, cognitive, emotional and social well-being for people of all abilities through equine-assisted programs.

## History

The Center for Adaptive Riding began in the backyard of a Northern Nevada property in 2007 with a mother, a horse, a daughter with disabilities and a dream. The special connection she witnessed between her daughter and the horse inspired her to start her own therapeutic riding center. Uniting the love of a special needs child and a horse was the foundation of our center.

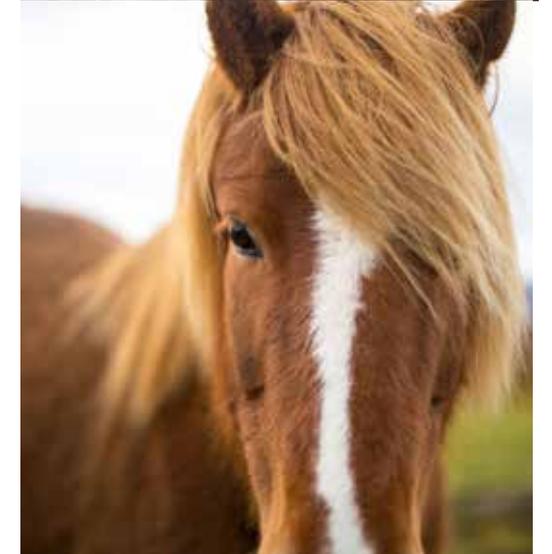
In business since 2007 and a 501(c)(3) non-profit since 2009, The Center for Adaptive Riding (CAR) is one of only three Professional Association of Therapeutic Horsemanship (PATH) International, Premier accredited programs in Nevada and the only one in Washoe County. Accreditation requires compliance with over 100 standards for excellence in programming, site management, equine management, participant safety and administration.

PATH Int'l accreditation demonstrates that CAR is qualified to offer effective, research-backed equine therapy in a safe and respectful environment. Our PATH Int'l Certified Instructors deliver individually tailored lessons that assist riders to achieve their highest physical, emotional, and developmental potential in a playful, fun environment.



We have served over 350 individuals with a variety of physical, emotional, and developmental disabilities for over the past 10 years. We have achieved ambitious goals, and have made significant progress towards a comprehensive strategic plan for growth. We currently have a waitlist and the need to expand our programs to serve the ever-growing demand for equine-assisted services. CAR has entered into a lease-to-purchase agreement of the 7.5-acre ML Ranch in Southwest Reno, which will allow CAR to grow to meet the needs of our community.

Whether it's a teenager struggling with depression, an adult experiencing anxiety, or a child with Autism, research shows that individuals of all ages who participate in equine-assisted services can experience physical and emotional rewards. With the impacts of the COVID-19 pandemic, CAR is even more dedicated to improving the well-being of children and adults of all abilities through equine-assisted services.





CAR is raising money to purchase ML Ranch and make capital improvements, in order to expand our programs and services to meet the needs of our community.

New location = program expansion, sustainability, inclusion, accessibility

## Benefits of Equine-assisted services

**Physically:** The horse stimulates the rider's pelvis and trunk in a manner that closely resembles the normal gait of a human. The physical benefits to the riders include postural improvement, improved balance, normalization of tone, and increased strength. Movement exploration on a horse can help improve overall body awareness.

**Socially and Emotionally:** The success of overcoming fear and anxiety can lead a rider to realizing self-worth and increase self-confidence. Achieving riding skills can have a positive effect on a rider's self-perception. The relationships that develop between riders, volunteers, staff, and horses are all integral to a positive emotional experience.

**Socially:** Riders interact with staff and volunteers or with peers in a group lesson establishing a positive social experience.

**Cognitively:** The horse provides riders with the motivation to learn new things. Educational goals such as letter and number recognition, following multi-step directions, staying on task, counting, and sequencing can be incorporated into lessons.

**Sensorially:** The movement of a horse can provide a variety of sensory integration issues. A smooth-gaited horse can provide input to a rider to help establish rhythm. A rough-gaited horse can provide a rider with stimulation to help organize and integrate sensory input.

Therapeutic riding is not a pony ride...It is a one-of-a-kind experience where riders become more confident, communicative, physically capable and emotionally re-connected.





## Testimonials



### “He stuck with it...he really stuck with it!!

When your 20 year old son has autism and has never stuck with anything for very long (besides anything with a screen or collecting dinosaurs) you celebrate when that something comes along...

That something for my son was the Center for Adaptive Riding. Nikki and her staff made an incredible difference in his life. Besides the research based benefits for someone like my son...who has sensory, balance, vestibular, attention and motor planning issues....therapeutic horseback riding gave him CONFIDENCE!! My eyes leak a little when I explain this. For kids and adults with disabilities...the opportunity to be good at something...to be successful and independent and proud....is so very rare. He has now completed two sessions and we can't wait for the rest. He even started adding horses to his collection of animals...and of course one is named Tang...for his favorite therapy horse.

Zachary's Mom, Robbin Dunn, M.Ed.

“I asked Brenden “why do you like to ride?” And while he excels at memorization, he has more difficulty articulating other experiences so he said “Can I just say I do it for fun? Yes. I know he rides because he enjoys it. He rides because he likes the horse and he likes the people. He gets to work on strengthening his core and stretching his legs all while outside, on a horse, talking to people about everything. It's not the drudgery of physical therapy, repeat this movement, this many times, in a clinical setting. Instead it is something different every time, a new challenge, a new game, a new activity, all outside on a horse. It's so much more than physical therapy, it is recreation, play time, emotional support and cognitive challenges, for which we are very grateful!”

Brenden & his Mom, Regina





“Wednesday is Tyler’s best day of the week because of you and Tang! He looks forward to his time at the center and he talks about it afterwards. He loves to wear his shirt and asks me to read it to him. I am filled with joy when I see him beaming from the saddle.”

Tyler’s Mom, Lori

“When I’m riding I feel like I’m having fun. It makes me happy.”

Jacob, participant for 4 years

“Jacob’s anxiety makes every new experience difficult - filled with fear and avoidance. But from day one at CAR he has been calm and connected with the horses. Watching him mount up and guide such large, majestic creatures with full confidence and without hesitation for the past four years has been amazing.”

Jacob’s Mom, Bonnie



## Evaluating and Measuring Outcomes

CAR works closely with parents and caregivers to create goals and outcomes for each participant. Our PATH Int'l Certified Instructors create individually tailored lessons plans, track progress and measure outcomes weekly.



## Capital Campaign

Our programs have grown tremendously since inception, and CAR has had a waitlist for over 3-years. CAR has entered into a lease-to-purchase agreement at the 7.5-acre ML Ranch in Southwest Reno. This larger new location will provide CAR the ability to not only sustain their organization, but grow and expand to meet the ever-growing needs of our community.

915 Maple Cree Court in Reno, NV

Location features:

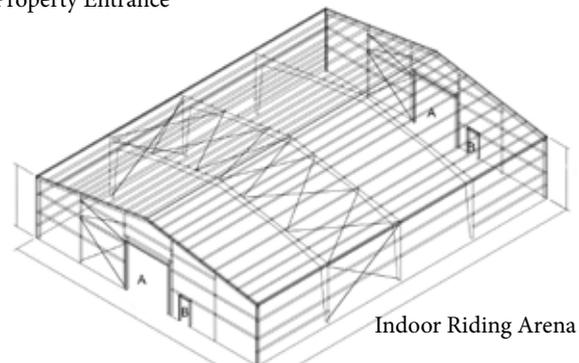
- 5-acres of pasture
- Large outdoor riding arena
- Residence for onsite caretaker
- 3 barns with 16 stalls total

Capital Improvements:

- Build indoor riding arena – to provide year-round programming for predictability and consistency for our participants
- Mechanical lift
- Pave driveway and parking areas
- Build restroom, office and volunteer/participant lounge



Property Entrance



Indoor Riding Arena

## Community Partners

- Truckee Meadows Wounded Warriors Odyssey
- Camp Care Nevada
- Reno Rodeo Special Kids Rodeo
- Skiing is Believing
- Girl Scouts

## Our Case for Support

The Center for Adaptive Riding has launched a capital campaign to purchase our own property and make capital improvements to our new home to better serve people with disabilities.

This next chapter will be a giant step forward for our community. This location will allow CAR to offer more lesson days and sessions, expand community partners, and the development of new programs.

## Your gift will last a lifetime

Your investment in our Capital Campaign will ensure the sustainability of our program, and it will provide current and future participants the opportunity for accessibility, inclusion, and empowerment.

- 600% projected increase in participants in the next 2-years
- Children who use wheelchairs and walkers are able to walk tall in the saddle
- Riders with autism who do not want to touch or be touched reach willingly to gently pat their horse's neck and mane – making a connection far beyond any words that can be spoken
- And for the participant with cerebral palsy, who was unable to brush their teeth or change their clothes, she is now able to do those small tasks we take for granted

... all from riding a horse at the Center for Adaptive Riding



## Contact information

Office: 775-329-1839

Executive Director, Nikki Landa: 775-343-5858 [nikki@adaptiveriding.org](mailto:nikki@adaptiveriding.org)

Website: [www.adaptiveriding.org](http://www.adaptiveriding.org)

Email: [info@adaptiveriding.org](mailto:info@adaptiveriding.org)

Physical Address: 915 Maple Creek Court Reno, NV 89511

Mailing Address: 550 W Plumb Lane Ste B #137 Reno, NV 89509

