



GAINING INDEPENDENCE



ENHANCING WELL-BEING

HORSEPOWER provides equestrian programs/therapies for individuals with physical, emotional, and/or cognitive challenges in a quest for personal independence, accomplishment, self-pride, and well-being.



GROUND WORK

The act of grooming and bonding with a horse can provide physical, emotional and cognitive stimulation. These clients are supervised and led through activities by staff and volunteers.

learn more

>

HIPPOTHERAPY

Licensed Occupational or Physical Therapists use the various rhythms and propulsions of the therapy horses' natural three-dimensional movement to enhance therapy or rehabilitation goals for clients.

learn more

>

THERAPUTIC RIDING

Therapy goals are established by staff for each riding client. Lessons are designed to achieve these therapy goals while clients experience personal growth exercising skills riding a horse—usually with leaders and sidewalkers.

learn more

>

HORSEPOWER

26659 Blue Sage Ln. Suite 100  
Sioux Falls, SD 57106  
Ph: 605. 2511685



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## PROGRAM OFFERINGS

Our programs are set up in five 8-week sessions. Riders' eligibility is determined by a Horse-Power assessment and a doctor's permission form. All forms need to be filled out prior to the assessment, and all participants must have a physician's signature prior to riding. Forms can be found [here](#).



### THERAPUTIC RIDING

These sessions are designed to help each rider achieve therapy goals set by staff members. Meeting these goals helps riders experience personal growth while developing horsemanship skills, usually with the assistance of leaders or sidewalkers. Some advanced riders are able to ride independently under close supervision. Therapy goals include physical, emotional and/or cognitive progression. We see progress towards these goals during each session. So often people tell us, "My loved one has never experienced such progress in any other therapy."

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### HIPPOTHERAPY

These one-on-one sessions with a licensed occupational or physical therapist use specially trained therapy horses with two or more volunteers and/or staff to aid the therapist. n Riders can be stimulated with a variety of riding positions that are far beyond the traditional forward-facing sitting position of standard horsemanship. The various rhythms and propulsions of the horse's natural three-dimensional movement aid therapy and/or rehabilitation goals for riders. Sessions are a one-on-one Therapist-to-Client ratio, with at least two or more additional volunteers and/or staff to aid the therapist.

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### GROUND WORK

These sessions are designed to help each rider achieve therapy goals set by staff members. Meeting these goals helps riders experience personal growth while developing horsemanship skills, usually with the assistance of leaders or sidewalkers. Some advanced riders are able to ride independently under close supervision. Therapy goals include physical, emotional and/or cognitive progression. We see progress towards these goals during each session. So often people tell us, "My loved one has never experienced such progress in any other therapy."

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### KONOMI

Japanese for "choice", is a faith-based mentoring program for youth (ages 10-18). Developing self-esteem and becoming more responsible happens one step at a time, and when youth willingly spend time at Konomi they will develop these characteristics and much more. Part of their time is spent doing barn chores, but the majority is with a mentor and a special horse. This program is designed to help youth open new doors of hope and healing and discover strengths in themselves they never knew they had.

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## ABOUT HORSEPOWER

HorsePower is a 501(c)3 Non-Profit organization dedicated to helping individuals with challenges in the Sioux Empire. We provide equestrian programs/therapies for individuals with physical, emotional, and/or cognitive challenges in a quest for personal independence, accomplishment, self-pride, and well-being.



### BENEFITS OF HORSEPOWER THERAPY

HorsePower is a therapy, but the effect on our riders is pure magic. We are treated to a most wonderful gift. The joy of our riders is totally contagious. Amazing things happen right before our eyes. Rider's stiff legs seem to melt into the warm sides of horses. Cramped muscles relax and what is rigid becomes supple. Slumped postures morph into erect backbones, proudly showing off riding skills. Children who have never spoken become verbal. Souls are touched. This is our reward, and the only pay our utterly amazing volunteers get for their commitment of time and love. This is the reason we seek just the right horses, and give them the best feed and care we can, because of the joy and freedom they give unconditionally to our riders.

### MILESTONES

2010 marked the 25th anniversary of opening our program to the Sioux Empire. 2010 was the year that we finally achieved our greatest dream – to heat and insulate our riding facility so we could expand our small summer program to a year-round fully functioning therapeutic riding facility, with scholarship funding available. In Fall of 2011 we decided to switch our name to HorsePower. Yet people still know us by both names!



### BOARD OF DIRECTORS

HorsePower is pleased to have many talented community members on our Board of Directors.

[meet the board](#)

### EMPLOYEES

HorsePower is staffed by dedicated employees.

[meet the staff](#)

### HORSES

Learn more about our hardest workers – our Equine “Therapists”! Our horses come to us donated, leased, and purchased. Each is a wonderful story of compassion and kindness. Each horse has a unique personality and have strengths that are tailored to different rider's needs.

[meet the horses](#)





## SUPPORT HORSEPOWER

The majority of our riders rely on HorsePower's scholarship program to participate in our therapy programs due to limited incomes. HorsePower provides the hooves, but needs your heart to continue offering rides to those that benefit from this unique program. Lend your heart to HorsePower! With each gift you receive HorsePower's quarterly newsletter and an invitation to be a guest at a riding lesson to share the joy that horse therapy brings. Every donation to HorsePower counts! Your general Hearts & Hooves donations go toward sharing the benefits of therapeutic riding with your community.

### WAYS TO GIVE

♥ \$150

Supports the care of one therapy horse for a month

♥ \$300

Supports care of one therapy horse for an 8-week session

♥ \$500

Provides fundamental veterinary expenses for 1 horse for a year

♥ \$750

Provide a ride for a one 8-week session for 1 individual in the hippotherapy program

## ADDITIONAL OPPORTUNITIES



### PROVIDE A RIDE

for a HorsePower Rider. You also receive a personal thank you note from a rider.

**\$350** - One 8-week session for one individual in our therapeutic ground work program. Although physical limitation may keep some participants from riding horses, they benefit from grooming and bonding with the horse, providing physical, emotional and cognitive stimulation.

**\$500** - One 8-week session for one individual in our the ra-  
peutic riding program, designed to help riders achieve goals set by staff members, including physical, emotional, and cognitive progression.

**\$750** - One 8-week session for one individual in the hippotherapy program. These one-on-one sessions with a licensed occupational or physical therapist use specially trained therapy horses to stimulate riders with a variety of riding positions beyond the traditional sitting position of standard horsemanship.

♥ DONATE



### ADOPT A THERAPY HORSE

With your sponsorship you also receive an overview and photo of a therapy horse.

The horses at HorsePower are used for therapeutic riding sessions and provide an average of 750 rides annually. Their calm demeanor and endless patience allow riders to build confidence, trust and independence. With your sponsorship you also receive an overview and photo of a therapy horse.

**\$150** - Supports care of one therapy horse for one month.

**\$300** - Supports care of one therapy horse for one session.

**\$500** - Provides fundamental veterinary expenses for one horse for one year

**\$1,000** - Support the efforts of one instructor or therapist for one month. Sponsors will be able to shadow instructor/therapist and see behind-the-scenes preparations for a lesson.

♥ DONATE



### SPONSOR A SESSION

HorsePower holds five 8-week sessions each year. On average, 35-45 individuals are served in the winter, spring, and fall sessions, and up to 80 individuals are served each summer.

**\$5,000** - Supports HorsePower's efforts for one 8-week session, including preparation, therapeutic riding sessions and heating and maintenance to ensure the comfort of our riders. With your sponsorship, one of our therapy horses will take you on a guided tour of the arena courtesy of his four hooves.

♥ DONATE







## CONTACT

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[www.facebook.com/handiriders](https://www.facebook.com/handiriders) [hp\\_pony](https://twitter.com/hp_pony)

## STAFF



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### STORMY

Stormy Knight, VIP (Very Important Pony)  
Social Media Consultant Extraordinaire  
Twitter: [hp\\_pony](https://twitter.com/hp_pony)

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## HORSEPOWER VOLUNTEER OPPORTUNITIES:

- ## TRAINING SESSIONS

## VOLUNTEER APPLICATION

Has it been a while since you volunteered? No problem! Volunteer Refresher Trainings are offered throughout the year in order to promote a safe and rewarding experience for our riders and volunteers. Long-term volunteers will be required to attend a Refresher course annually in order to keep an active volunteer status. At that time we will also ask you to update your personal and contact information as well as undergo an annual criminal background check. Notifications of upcoming sessions will be sent to volunteers as they are scheduled.

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