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### Promoting Participant and Community Participation at Saddle Up!

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## Promoting Participant and Community Participation at Saddle Up!

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Belmont University School of Occupational Therapy

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Expert Mentor: Sarah Chenevert CTRS



### Saddle Up!

Saddle Up! is a PATH International Premier Accredited Center that provides equine assisted services and therapies. Saddle Up! serves children and youth from ages 2-26 with disabilities.

Mission: To provide children and youth with disabilities the opportunity to grow and develop through therapeutic, educational and recreational activities with horses.

Vision: Saddle Up! seeks to be an essential community partner, enriching the lives of children with disabilities through constantly improving the excellence and accessibility of the highest quality equine assisted activities.

### Agency Needs

- Training volunteers to operate the mechanical lift
- Utilizing donated gait trainers
- Refurbishing and adapting donated gait trainers
- Educating staff members on gait trainers, and which participants would benefit from them
- Educating the community on the Equine Assisted Learning (EAL) program
- Promoting the EAL program

### Project Goals

- Create a comprehensive mechanical lift training resource for volunteers to bridge the gap between instructor and volunteer knowledge
- Refurbish and adapt gait trainers for the use of multiple participants
- Provide an education resource on how to use gait trainers, and which participants should use them
- Educate the community and promote the EAL Program

### Deliverables

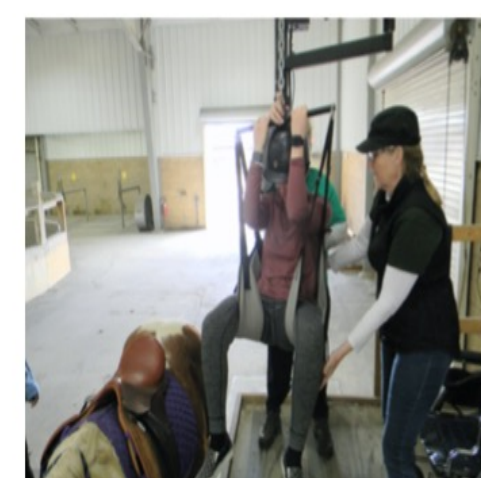
#### Training Agenda

1. Mechanical lift Introduction
2. What matters to participants
3. Parts of the lift
4. Safety Check
5. Mechanical Lift Team Responsibilities
6. Mounting
7. Dismounting
8. Emergency operations
9. Safety Procedures
10. Review

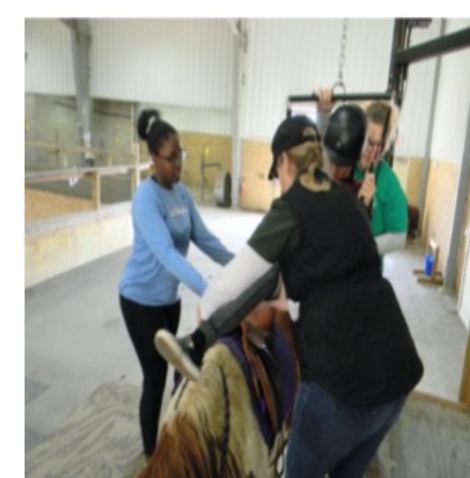


#### Mounting

7. Use the remote to lift the rider up, assist the instructor in bringing the participant above the horse.



8. The mounting block sidewalker will help the participant bring their leg up in order to mount



### Resources Available Upon Request

### Project Outcomes

- Educated and communicated with multiple organizations on behalf of Saddle Up! to promote the EAL program
- Educated staff on gait trainers' purpose and contraindications for use by:
  - Reviewing available research
  - Consulting with clinician experts
  - *Resulting in the decision to not refurbish donated gait trainers, as it is not best practice to allow multiple children use one gait trainer*
- Created training presentation on mechanical lift for volunteers, which includes:
  - Step by step directions based on activity analysis
  - Education on the population of participants who benefit from the lift
  - How to handle and position participants in the lift

### Acknowledgements

I would like to express my sincere gratitude towards:

- My expert mentor, Sarah Chenevert for her kindness and guidance throughout this project.
- The Saddle Up! staff, therapy team, and volunteers for their willingness to let me learn from them.
- My faculty advisor, Dr. Elena Espiritu, for her outlook and direction throughout the project.