

OCCUPATIONAL THERAPY AND EQUINE-ASSISTED SERVICES

WHAT IS OCCUPATIONAL THERAPY?

A health profession that uses occupations to promote health, well-being, and participation in daily life.

WHAT ARE OCCUPATIONS?

Occupations are any tasks a person needs or wants to do throughout their daily life.

EXAMPLES OF OCCUPATIONS

- **Activities of Daily Living** = bathing, toileting, dressing, eating, grooming, functional mobility
- **Instrumental Activities of Daily Living** = caring for pets, driving, financial and home management, meal preparation, shopping
- **Health Management** = symptom/condition management, medication management, nutrition, physical activity
- **Rest and Sleep**
- **Education** = homework
- **Work** = employment, retirement, volunteer
- **Play**
- **Leisure** = recreation
- **Social Participation** = friendships, intimate relationships, community involvement

WHAT SKILLS CAN OCCUPATIONAL THERAPY ADDRESS WITH EQUINE-ASSISTED SERVICES?

- Postural control
- Community mobility
- Strength
- Endurance
- Coordination
- Emotional regulation
- Sensory processing and integration
- Self-esteem/confidence
- Motivation
- Attention
- Initiation
- Sequencing
- Problem-solving
- Planning
- Communication/breath support

EQUINE RELATED TASKS/ACTIVITIES TO PROMOTE INDEPENDENCE IN OCCUPATIONS

- **Self-care and daily living skills**
 - Grooming the horse
 - Tacking and untacking the horse
 - Dressing for riding - helmet, boots, etc.
 - Feeding and watering the horse
- **Work and vocational skills**
 - Cleaning stalls
 - Organizing and cleaning tack
 - Assisting with horse training
 - Customer service/social interaction
- **Mobility and transportation skills**
 - Mounting/dismounting
 - Leading a horse
 - Trail riding/navigating a course
- **Social and community participation**
 - Group sessions
 - Horse shows
 - Outreach events
 - Teaching others about horses