



P.O. Box 991  
Lorton, VA 22199  
703.402.3613  
www.simplechanges.org  
simplechanges@hotmail.com

**Mission Statement:** At Simple Changes our mission is to enrich the lives of individuals with disabilities, their families and community through exceptional therapeutic programs, especially therapeutic horsemanship.

**About Simple Changes:** Simple Changes was founded in 2005 with the knowledge that riding and caring for horses significantly improves the lives of individuals with physical, emotional and developmental disabilities. We currently serve about 50 clients per week at our Lorton and Catlett locations. Simple Changes offers therapeutic riding, hippotherapy, dementia programs and serves warriors in transition as well as at-risk youth and Brain Injury Services.



**Clients Served:** Clients range in age from two – 80+ years old. We serve individuals with special needs such as autism, cerebral palsy, developmental delay, stroke, mental retardation, epilepsy, Down syndrome, learning disabilities and more. We currently have a two year wait list for services.

**Progress Noted:** Two four-year-old riders began walking after riding at Simple Changes. Several riders have learned to sit up and one 12-year-old rider with autism doubled his vocabulary while riding. Clients have shown improved handwriting, trunk control, task sequencing, and social skills.

**Location:** Simple Changes operates out of the Bureau of Land Management's (BLM) Meadowood Special Recreation Management Area. Meadowood's location, on the Mason Neck peninsula in Fairfax County, is within easy driving distance of much of the Washington, D.C. metropolitan area. The satellite location in Catlett, VA serves Fauquier County as well as Prince William and Fairfax.

**Community Involvement:** We are committed to using the natural richness and beauty of Mason Neck and rural Fauquier to create a recreational program that will benefit individuals with disabilities, their families and the community at large. In any given year Simple Changes' volunteers contribute over 3,000 hours of time to their community.

**Professional Affiliations:** Simple Changes is a Premier Accredited Center through PATH International and a member of the Therapeutic Riding Association of VA. Instructors are PATH International certified.



**Finances:** Clients pay half of the actual cost of each lesson; the other half is generated through fundraising efforts including donations, sponsors, grants, and partnerships. All of the money raised stays in the community, going directly to the center. Simple Changes is a 501(c)(3) organization. Donations are tax deductible to the full extent of the law.