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Fact Sheet

Mission Statement: Our mission is to enrich the lives of individuals with disabilities, their families and community through exceptional therapeutic programs, especially equine assisted services.

About Us: 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 70 therapeutic riding and hippotherapy clients and additional individuals in our equine facilitated learning programs.

New Location: In 2020, Simple Changes moved to our new farm at 10800 Belmont Blvd., on Mason Neck. Our Board of Directors worked with investors to form a partnership to purchase the farm. Simple Changes leases the farm from the LLC and hopes to purchase the farm from the partnership within 10 years.

Clients Served: Clients range in age from 2 years old to 90. We serve individuals with special needs such as autism, chromosome abnormalities, developmental delay, mental retardation, cerebral palsy, stroke, epilepsy, learning disabilities and more. We also serve Veterans, brain injury survivors and seniors with cognitive challenges.

Progress Notes: Several riders have begun walking and others improved their gait after riding at Simple Changes. Many riders have learned to hold their bodies upright in a sitting position and riders on the autism spectrum have significantly improved their vocabularies and communication skills. Clients also show improved handwriting, trunk control, task sequencing, and social skills.

Community Involvement: Simple Changes uses the strength and beauty of our natural environment to create an equine assisted services program that benefits our participants and their families and our community at large. In any given year, Simple Changes' volunteers contribute over 3,000 hours of time to our community.

Professional Affiliations: Simple Changes is a Premier Accredited Center of PATH Intl. and a member of the Therapeutic Riding Association of VA. Our instructors are Certified Therapeutic Riding Instructors (CTRI) – a certification program designed to meet the rigorous accreditation standards of the National Council of Certifying Agencies (NCCA).

Finances: Participants pay less than half the actual cost of each session; the other portion is generated through fundraising efforts including donations, sponsorships, grants, and partnerships. All of the money raised stays in the community, going directly to Simple Changes. We are a 501c3 organizations. Donations are tax deductible to the full extent of the law.

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