

# LANARK COUNTY

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## Therapeutic Riding Program

### TR Heroes

October, 2019

*Featuring the People and Horses Who Make a Difference*

It is well known that riding a horse provides many physical and emotional benefits for riders. But what happens if, for any reason, riding is no longer an option? The Lanark County Therapeutic Riding Program (LCTRP) has found the answer. It's called carting.



"Years ago, a special cart was donated to our program," says Maria Hofbauer the Head Instructor for LCTRP. "Two years ago, we were fortunate to find Pat Wolfe." Pat is October's TR Hero.

Pat Wolfe has many years of experience driving Fjord horses and minis; is a respected judge at driving shows; and volunteers as the instructor for LCTRP's driving program. He and the program's beautiful Canadian horse Kennie, give those who can no longer ride the opportunity to still experience the magic of the horse.

In a driving session clients hold their own reins, which are attached to the cart, so that they can follow Pat's examples as he teaches driving skills. An instructor walks alongside the cart for extra security. Clients get to feel the movement of the cart, sit tall and engaged in their seats and learn voice commands while completing tasks like tossing balls in a hoop, doing puzzles or reaching for rings. It helps them with upper body strength, balance and fine motor skills.

According to Maria, Pat makes a tremendous contribution to the program: "Pat has provided a safe and fun drive for everyone involved. His cheerful, positive manner; his amazing control of the horse and the deep bond he has developed with Kennie and all of us who are involved have made the carting program a wonderful asset for LCTRP."

Pat is very humble about his role. "I think it's important for everyone to give back to something. I am a horse person and a driver. That's what I love, so the therapeutic carting program is a great way for me to give back." Pat gives most of the credit to the horse. "Kennie is a special horse. He is the reason that the program works," Pat says. "He has to deal with things that a regular driving horse would not tolerate. But he trusts me and I trust him to keep us all safe."



And what does Pat get out of his role? "The drivers are really into this," he said. "Sometimes they don't want to stop. Seeing their faces light up when they accomplish a task makes all the preparation worth it. That's what keeps me going."

Would you like to see how horses change lives? Please consider volunteering for the program. We will make sure you have the training you need. We can be found at [www.therapeuticriding.ca](http://www.therapeuticriding.ca), on Facebook, and by calling our Program Administrator Amy at 613-257-7121 extension 3238.