

Horses for Causes



Haydn's journey with Riding for the Disabled

Haydn lives independently in his own unit in Mount Gambier. With the support of his dedicated Cara team, Haydn is actively encouraged to explore his interests, develop his independence, and engage with his community.

A man of many interests, Haydn finds joy in a wide range of activities. Whether it's fishing, watching airplanes at the local airport, going for scenic drives, or enjoying a coffee and dinner out, he makes the most of every opportunity to stay engaged. He also loves visiting tourist spots in his hometown and beyond, catching a movie at the cinema, and spending quality time with his sister.

Recently, he attended his first session with the [Riding for the Disabled Association South Australia \(RDASA\)](#) - and it was an instant winner!

RDASA is a remarkable volunteer-led organisation providing people with disabilities the chance to engage in safe, therapeutic horse-related activities. Haydn embraced the experience with enthusiasm and is looking forward to many more sessions to come throughout the year.

Working with horses offers a wealth of benefits, improving confidence, emotional well-being, and communication skills. Participants develop trust, patience, and a sense of achievement forming meaningful connections with both animals and people.



With the calm nature of the horses and the supportive RDASA team, Haydn's experience has been nothing short of rewarding.

At Cara, we are committed to supporting Haydn as he works towards his goals. His support workers assist him in safely accessing the community, increasing his independence, and encouraging him to participate in programs that enhance his quality of life.

Soon, Haydn hopes to explore his creativity by participating in a local painting and drawing program and attending the Men's Shed Mount Gambier, where he can develop new skills and build social connections.

RDASA is changing lives but is facing life changing challenges due to the ongoing drought. The increased cost of feed has put a strain on their ability to care for the 55 horses across nine centres.

To help ensure this incredible program continues, RDASA has launched a Drought Call-Out fundraising appeal.

Visit RDASA to learn more and donate today!

www.rdasa.org.au/donations-2/