



Animal Assisted Therapeutic Goals

Animals can provide a sense of calm, comfort, or safety and divert attention away from a stressful situation and toward one that provides pleasure. Advocates of animal-assisted therapy say that developing a bond with an animal can help people develop a better sense of self-worth and trust, stabilize their emotions, and improve their communication, self-regulation, and socialisation skills.

Children and young people can learn from Animal Assisted Therapy

- Identifying and Coping with Feeling
- Communication Skills
- Setting Boundaries
- Overcoming Fears
- Trust





To enhance children and young people's social and neurological skills we do the following Therapeutic Goals:

Balance

- Walking pet freestanding, from a wheelchair or walker
- Bending to pick up balls and toys
- Reaching to pet, from right or left side or across the body



Endurance

- Throwing a ball or toy for extended periods (while standing or sitting)
- Walking with the pet for extended periods of time

Fine and Gross Motor Skills

- Grasping or reaching for treats
- Opening / closing treat container
- Working with knots, buckles, buttons, snaps, Velcro closures, clips, etc. on pet's vest or equipment
- "Undressing" and re-dressing the pet with vest and equipment
- Assisting in grooming activities, using brushes, towels, spray bottles, etc.



Memory/Cognitive

- Remembering pet's name, breed or history
- Remembering handler's name
- Giving commands
- Remembering colours, shapes, directions



Problem Solving

- Choosing type of toy or treat



- Deciding where to go for a walk and how to get there
- Giving pet appropriate commands
- Choosing direction
- Choosing type of activity to do with the pet
- Deciding where to hide treats for the pet to find

Range of Motion

- Tossing a ball, Frisbee or toy
- Brushing, petting or other grooming
- Tug of war
- Giving treats



Self Esteem & strengthen the relationship

- Pet's total acceptance of disability and/or appearance
- Empowerment in giving commands and getting a response
- Increased social interaction with others because of the pet



Sensory Stimulation

- Feel of fur/hair/skin and body warmth
- Pet "kisses"
- Feel of feet, nails, tails, ears, nose, etc.
- Hearing pet's sounds and other vocalizations

Speech

- Calling the animal's name
- Giving obedience commands
- Clicking tongue or smacking lips to get the pet's attention
- Using voice to do any of the above

