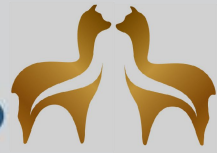




Richmond House Social Care Services is regulated by **Care Quality Commission | CQC** number 5388550005 & **Community Interest Company | C.I.C** number 11154305. Richmond House is a Social Enterprise, a not-for-profit organisation runs for the benefit of the community, aims to enable children and young people with **Special Educational Needs** and **Disability** to access a range of Short Breaks and Care Support to provide Daycare and Overnight Break at their own homes between the age of 0 and 25 years. Richmond House offers **Animal Assisted Therapy** Programmes to children and young people with SEND in a East Riding of Yorkshire, North Yorkshire and the City of York and the surroundings region. Interacting with animals can provide countless benefits towards rehabilitation and general well-being.





AAT Programme | Benefits & Goals.

- Animal Assisted Therapy | AAT programme aims to improve children and young people physical, social, cognitive, emotional, and behavioural functioning through the involvement of animals such as horses, cats, dogs, and other animals, not only serve as unique companions to individuals with disabilities, injuries, or other special needs. Therapeutic animals are also often used for the purposes of guiding, utility, assistance, hearing or seeing, therapy, psychological well-being, protection, seizure detection, and more.
- Advocates of animal-assisted therapy report that special needs children who bond with an animal develop a sense of responsibility, show motivation to reach rehabilitation goals, generally express greater happiness and increased functionality.
- Therapeutic pets, who are trained to perform precise and important tasks, provide special needs children with the opportunity to form unique bonds and adapt to life with their specific differences.
- Equine Therapy works to improve balance, gait, gross motor skills, range-of-motion (ROM), strength, coordination, and muscle tone.
- Many children who have a hard time coping with change find that having a constant companion can help them deal with transitions from place to place and can add a bit of consistency to each day. In this respect, the ponies and alpaca serve as a focal point for the child.
- Parents are also able to help their children learn to read body language and learn empathy for others by using the pony or a dog as a model. Because our ponies are confident and happy to be in new situations, they are great examples for children.



- The AAT is an effective social icebreaker. Often children with Autism or other developmental disabilities have trouble relating to or opening up to others, but when a well-trained ponies are present, people ask predictable questions that have answers a child can memories. These questions are asked frequently and with repetition, so the child can gain confidence in social situations.
- Parents can also utilise the AAT programme at home. Assigning daily chores such as feeding, brushing and cleaning up after the pet can teach a child responsibility and routine. The chance to play ball with your pet at home or practice some commands can be a great motivator.
- Lower-functioning children can also learn how to string together certain motor skills during daily routines. For example, the act of dressing the pet in his or her cape and leash requires a series of finite motions. Routines like this can help children practice intricate physical motions that, when linked together, perform a useful task.
- AAT Therapy has shown positive results when used to work with children with Cerebral Palsy, Spinal Cord Injury, Autism and a range of Emotional Disabilities, By using horseback riding, children can strengthen, stretch and tone muscles that can aid in walking or standing.

Hippotherapy:

Hippotherapy is a form of equine therapy that aims to improve a patient's neurological function, sensory processing, and overall functional ability through the movement of a horse. Children with a range of special needs and disabilities have used hippotherapy for therapeutic purposes.





Many of these children have disabilities and neurological disorders including cerebral palsy, autism, behavioural disorders, psychiatric disorders, traumatic brain injuries, spine injuries, and more.

During a hippotherapy session, the horse's gait moves the rider's pelvis in a way that mimics human walking. The goal of hippotherapy is to help the patient move in response to the horse's movement, ultimately establishing normal patterns of human walking, improving sensory processing, and cultivating neurological functioning.

Therapeutic horseback riding

Therapeutic horseback riding differs from hippotherapy in that it teaches specific horseback riding skills| hippotherapy, on the other hand, derives its purpose from the horse's movement alone. In therapeutic horseback riding sessions, an instructor teaches a special needs student rehabilitative riding techniques and encourages bonding between the student and horse.

Alpaca Assisted Therapy is another popular animal assisted therapy choice for children and adults with cerebral palsy, intellectual and developmental disabilities, and other special needs. Advocates claim that sessions help special needs individuals improve attention span, speech and language skills, movement, motor control, and behavioral skills. For many, AAT serves as a recreational, complementary, or alternative form of therapy that increases the patient's motivation to complete and reach rehabilitation goals.

For booking and more information please visit Richmond House website www.rhscs.org.uk or Call Richmond House Team on 01262 481518.

