

## NEW EDITION OF THE PROJECT "SOMOS UN EQUIPO"

### Canine assisted intervention for people with disabilities



We are working on the final preparations to start the second edition of the project "Somos un equipo", canine assisted intervention for people with disabilities carried out once again with COCEMFE in Alicante.

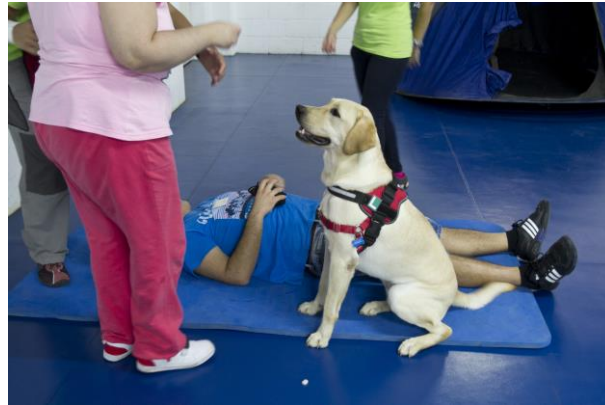
The continuity of the project is due in large part to the good acceptance of the beneficiary group, who adapted quickly to the dynamics of the sessions, showing a high motivation and involvement in working with dogs. After the assessment of the project effectiveness according to the objectives set out, good results have been obtained, the most significant are the following:

- Improved mood and reduced levels of apathy
- Emotional expression (Giving and receiving affection)
- Reduced levels of anxiety
- Increased sense of social contribution and utility
- Opportunities for social interaction
- Increased achievement motivation
- Learning perception, skills acquisition
- Psychomotor aspects empowerment: coordination, balance, laterality and walking.
- Stimulation of cognitive processes: language, memory and attention.

Indeed, 100% of participants had a clear perception of having learned new skills, 92'3%, which means 11 of the 12 beneficiaries talk at home about their experiences and the activities done during the dog assisted therapy and when they were asked about their level of satisfaction with the project "Somos un equipo" 100% of the participants awarded a 10, expressing in all cases the desire to continue developing more sessions.

In this second phase, we maintain mutual aid approach given that disabled people cooperate during sessions in training their canine companions. This benefits the participants both emotional and cognitive level, such as social, increasing the sense of belonging, collaboration and social usefulness through the activities.

The activities we will carry out during the sessions, as in the first edition, will vary widely. Participants performed various tasks ranging from brushing, equipment and basic care to dog training and the development of specific activities according to the intervention areas.



CANINE EDUCATION



EXERCISES OF EMOTIONAL EXPRESSION AND LINK



AGILITY

Of course we still have a multidisciplinary team with specific training on the subject that will intervene directly with participants, helping and supporting them in all the activities carried out.

We will keep you informed about this 2nd edition of "Somos un equipo"!!