

INTELLECTUAL OUTPUT CHARACTERIZATION FORM**- Therapeutic Riding (X)****I. TARGET-GROUP**

Adult people with Neurodevelopmental Disorders with difficulties related to cognitive functions.

II. GENERAL OBJECTIVES

1. Support adults with autism spectrum disorder and/or other Neurodevelopmental Disorders, in the acquisition and development of essential skills, for participation in society, promotion of well-being and quality of life;
2. Cover an educational intervention (cognitive, emotional and relational);
3. Supporting significant others, family members, educators and technicians, expanding skills and intervention capacity.

III. SPECIFIC OBJECTIVES

- Promote spatial and temporal orientation;
- Stimulate selective attention;
- Stimulate planning capacity;
- Promote the naming of concepts;
- Stimulate the memorization of cleaning materials;
- Reduce pathological posture patterns;
- Facilitate typical posture and movement patterns;
- Facilitate rectification and balance reactions;
- Stimulate bilateral integration;
- Promote the dissociation of movements.
- Raise awareness of the care that the horse needs;
- Promote sensory integration (through the sounds and smells of the horse, variety of tactile stimuli, etc.).

	InAutism – Fostering Adult Integration	MOD: 016/00
---	--	-------------

IV. TECHNICIAN PROFILE

Technical Specialisation

Psychologist

Psychomotrician

Social Educator

Sociocultural Animator

Occupational Therapist **x**

Arts Monitor

Social Worker

Assistant Technician

V. PROCESS

Framing Intellectual Output X, Therapeutic Riding, within the scope of the InAutism: Fostering Adult Integration project, it belongs to axis 1, corresponding to an educational approach/strategy. Therapeutic Riding consists of activities carried out by specialized therapists, in which the horse is used with individuals with special needs, with the objective of working on the psychomotor, educational and skills necessary for riding (American Hippotherapy Association, 2018; Canadian Therapeutic Riding Association, 2013).

The Intellectual Output Therapeutic Riding consists of an initial and final assessment and a set of 18 intervention sessions. At the time of evaluation, it is intended to evaluate three domains by filling in an Evaluation Form:

- Domain I – Horse grooming: assessed during horse grooming and using Table 1 and corresponding labels.
- Domain II – Anatomy of the horse: image 1 of the horse must be presented for the learner to paint the body segments, according to the colors indicated in the table.
- Domain III – Control of the horse: the learner must mount the horse, and the aspects will be evaluated during the step-by-step movement through the arena. The technician must ask the learner to carry out the exercises, according to the table, and evaluate their execution.

The intervention was elaborated based on the three mentioned domains and contains sessions that present a theoretical component and a practical component, being that the

ERASMUS+ KA 204 Project 078527	Associação Portuguesa para as Perturbações do Desenvolvimento e Autismo de Leiria Associação Autismo Vigo Peacepainting	2/3
-----------------------------------	--	------------

	<i>InAutism – Fostering Adult Integration</i>	MOD: 016/00
---	---	-------------

practices will be carried out in a riding arena and the theoretical ones in a classroom context. Theoretical sessions were introduced in the intervention with the aim of making it possible to carry out activities in a more controlled environment and without stimuli, so that there is a greater consolidation of the concepts that are addressed in the sessions carried out in the riding arena.

Although the intervention is designed to obtain results in accordance with the Evaluation Form, it is worth highlighting other objectives and benefits that the sessions present, such as:

- Stimulate cognitive skills;
- Facilitate typical posture and movement patterns;
- Facilitate rectification and balance reactions;
- Promoting the dissociation of movements;
- Promoting sensory integration;
- Between others.

Bibliographic References

American Hippotherapy Association. (2018). *Terminology Guidelines*.
[https://www.americanhippotherapyassociation.org/assets/docs/AHA-TerminologyFinal-12-2-18 %281%29.pdf](https://www.americanhippotherapyassociation.org/assets/docs/AHA-TerminologyFinal-12-2-18%281%29.pdf)

Canadian Therapeutic Riding Association. (2013). *Guidelines and Prerequisites for the Practice of Hippotherapy*.

ERASMUS+ KA 204 Project 078527	Associação Portuguesa para as Perturbações do Desenvolvimento e Autismo de Leiria Associação Autismo Vigo Peacepainting	3/3
-----------------------------------	--	------------