

Opportunities for Incorporating Dogs into OT Practice 2018 OTAC Conference

Purpose of Presentation

Learn about the opportunities for OTs to implement animal assisted interventions into various practice areas and the roles of dogs in health care. Discuss the training and education needed, standards of practice, literature, and resources.

Learning Objectives

1. Recognize the roles of dogs in health care as pets, therapy animals, emotional support animals, and assistance animals.
2. Discuss the opportunities for OTs to implement animal assisted interventions into various practice areas.
3. Identify the necessary knowledge and experience needed in standards of practice and animal behavior, training, and welfare.

Animal Assisted Intervention Terminology

From Animal Assisted Intervention International (www.aai-int.org) and Pet Partners (www.petpartners.org)

Animal Assisted Intervention (AAI):

- Goal oriented and structured interventions that intentionally incorporate animals in health, education and human service for the purpose of therapeutic gains and improved health and wellness.
- Animal-assisted therapy (AAT), animal-assisted education (AAE) and animal-assisted activities (AAA) are all forms of AAI.
- May be provided in a variety of settings, group or individual in nature, and implemented for persons of any age.

Animal Assisted Therapy (AAT):

- Formally goal-directed, structured, and measured intervention designed to promote improvement in physical, cognitive, and psychosocial functioning of the participants (AAIL, n.d.)
- Delivered by a licensed/degreed healthcare professional with specialized expertise and within scope of practice
- Potential participants and animals involved are carefully screened for appropriateness of intervention and precautions
- Process is planned, modified, documented, and evaluated

Animal Assisted Education (AAE):

- Same as AAT but focusing on educational/cognitive goals and directed or delivered by an educational professional.

Presenter: Karen Ni, OTD, OTR/L
karen@sundogtherapy.com
Major Contributor: Melissa Winkle, OTR/L, FAOTA

Animal Assisted Activity (AAA):

- Provide informal opportunities for motivational, educational, or recreational benefits
- Teams are specially trained, evaluated, and registered through a volunteer visiting organization to conduct short visits in various facilities.
- Role may change if working within AAT or AAE

Animal Support (AS):

- Not an intervention, but a support given by professional organizations that train animals and their handlers (ex: members of Assistance Dogs International).
- Evaluates the dog with the handler, setting, population, activities, etc.
- Advocates for health and welfare of dog

The Roles of Dogs in Healthcare

- Pets
 - Effect of human-animal interactions and human-animal bond
 - Incorporate care of pets into OT treatment (feeding, grooming, walking, playing fetch)
 - Can create AAT home plans for clients to complete with their pets if appropriate
- Emotional Support Animals
 - May be an animal of any species
 - Provides companionship and comfort to individuals with psychological disorders
 - Does not have to be trained to perform any particular task
 - The use must be supported by a qualified physician, psychiatrist, or other mental health professional based upon a disability-related need
 - ESAs can fly on airplanes (Air Carrier Access Act) and live in no-pet housing (Fair Housing Act) with documentation. Airline policies and requirements are changing – stay up to date. ESAs do not have public access under the Americans with Disabilities Act.
- Therapy Animals (volunteer visitors, facility animals, co-therapists – range in training completed and activities performed)
 - Volunteer visiting can be a meaningful occupation for clients!
 - OT can partner with a volunteer visiting team if you do not have a dog at your facility
 - These animals actively engage with clients and facilitate participation in activities to reach individual therapeutic goals
 - These animals do not have public access except to the facilities they work in.

- Assistance Dogs
 - Americans with Disabilities Act (ADA) Title III: “*service animal* means any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability”
 - Categories of assistance dogs
 - Guide dogs: for people who are blind or with visual impairments
 - Hearing dogs: for people who are deaf or hard of hearing
 - Service dogs: for people with disabilities other than vision or hearing, such as physical disabilities, psychiatric disabilities, autism, seizures/other medical conditions
 - There are opportunities to collaborate with assistance dog organizations and trainers to advocate for the client on what they need from an assistance dog, similar to assistive technology.

Get to know the federal, state, and local laws, protections, and access rights to different types of dogs!

Therapeutic Value of AAT

- “Care of pets” is an instrumental activity of daily living (IADL) according to the OT Practice Framework.
- Can address goal areas including: fine motor skills, gross motor skills, motor planning, cognition (attention/memory/executive functioning), sequencing, sensory processing, balance, coordination, ADLs (feeding, brushing), IADLs, community integration, social skills, emotional regulation, and more!

Paths to a Canine Co-Therapist

- Collaborate with a registered volunteer visiting human-animal team from a reputable organization (ex: Pet Partners).
 - Find a handler/animal team that is the right fit for your setting, population, and activities.
- Train your own dog (with support from private dog trainers).
 - Engage in volunteer visiting with your dog to focus on handling skills and learning your dog’s preferences, fears, and distractions.
- Apply for a professionally trained dog from a reputable organization/trainer (ex: Assistance Dogs International member organizations that train dogs for professionals/facilities).
 - Depending on the placement process, spend enough time bonding with your dog and developing handling skills before working with clients.

Presenter: Karen Ni, OTD, OTR/L
 karen@sundogtherapy.com
 Major Contributor: Melissa Winkle, OTR/L, FAOTA

Skills and Knowledge Needed for Therapist/Handler

- Knowledge of dog behavior, training, handling, and health/welfare (pursue continuing education each year)
- Objectively evaluated in the setting, with the population, and activities that the team is expected to work with (re-evaluate if anything changes)
- Read and respond appropriately to dog's behavioral outcomes and demonstrate humane handling techniques
- Ability to consistently elicit and model interaction with dog (avoid physical force, lures, anything that client or dog will perceive negatively)
- Ability to multitask the client, dog, equipment, and environment
- Identify or create activities/intervention strategies appropriate to already established client goals
- Respect dog's range of ability according to developmental milestones, training, preferences, and natural drives
- Advocate on behalf of the dog
- Terminate AAT/AE services if it no longer conducive to intervention goals, or dog's ability

Skills and Knowledge Needed for Dog

- Initiates contact with client and responds to client's cues (does not work only for the handler)
- Socialized to all different types of people, objects, noises, environments
- Basic temperament, emotional soundness, resilience, work ethic is appropriate for setting, population, and activities
- Works well with handler/therapist
- Enjoys population, environment, activities – intrinsically motivated
- Can work from a distance, with duration, with frequency, and with precision
- Can work on and off leash if desired
- Reliable, controllable, and predictable behavior around other people and dogs
- Objectively evaluated in the setting, with the population, and activities that the team is expected to work with (re-evaluate if anything changes)

Additional Aspects of an AAT Program

- Ethics
 - Follow your profession's code of ethics and prioritize the animal's health and welfare
- Animal welfare
 - Right to be acquainted with therapist/handler, equipment, environment, and activities PRIOR to actual sessions

- Right to the 5 Freedoms (freedom from hunger/thirst; discomfort; pain, injury or disease; fear and distress; and freedom to express normal behavior)
- Hierarchy of needs
- Recognizing stress signals and providing dog with rest breaks
- Screening participants
 - Meet the client first – don't take the dog in right away during the evaluation
 - Ask about allergies, fear of dogs, history with animals/pets, family attitudes towards animals, history of abuse/neglect (questions on intake form and part of initial evaluation)
- Evaluating and documenting outcomes
- Additional liability insurance coverage for AAT (see resources)
- Budgeting
 - Requires additional expenses for food, treats, toys, supplies, monthly preventatives, veterinary care, training, etc.

If you are the therapist and dog handler/owner, AAT is a lifestyle! It requires dedication and commitment of time, resources, energy, and love to engage in this kind of work. I hope the information from my presentation and the handouts give you a starting point for implementing AAT in your OT practice! Feel free to contact me with any questions.

Resources

Karen and Melissa have compiled this list together but may or may not have direct experience with each resource. They are not responsible for the accuracy or quality of content. Feel free to send feedback or ask questions.

AOTA Official Documents & Resources

- OT Standards of Practice <http://ajot.aota.org/article.aspx?articleid=2477354>
- OT Code of Ethics <http://ajot.aota.org/article.aspx?articleid=2442685>
- OT Practice Framework <https://ajot.aota.org/article.aspx?articleid=1860439>
- FAQs about AAT <https://www.aota.org/Practice/Rehabilitation-Disability/service-animal-assisted-therapy.aspx>

To Find a Volunteer Team to Come to Your Workplace

Pet Partners – if you are not able to have your dog at work, consider calling in a volunteer team! <https://petpartners.org>

Where to Get a Trained Dog

Assistance Dog Organizations that train facility dogs for THERAPISTS (different from a “career change” or “release” dog):

- Assistance Dogs of the West (Santa Fe, NM)
<http://assistancedogsofthewest.org>
- Power Paws (Scottsdale, AZ) <http://azpowerpaws.org>
- Canine Companions for Independence (nationwide) <http://cci.org>
- Look for an organization accredited by Assistance Dogs International
<http://www.assistancedogsinternational.org/members/programs-search/>
- Ideally the organization will request information about your setting and population of clients you see. They will try to understand different types of therapeutic activities you hope to involve the dog in and identify specific cues to train. There are application, training, and placement fees.

Melissa Winkle - OT that trains dogs and healthcare professionals for animal assisted interventions

- Dogwood Therapy Services (Albuquerque, NM)
<http://www.dogwoodtherapy.com/>

Find a Dog Trainer

Look for a trainer that uses positive reinforcement and force-free methods.

- Article: Finding the Right Trainer by Risë Vanfleet
- <http://play-therapy.com/playfulpooch/resources.html#dogtrain>

Karen Ni – OT that works with healthcare professionals in Orange County and Los Angeles, CA looking to train their own dogs for animal assisted interventions

- <http://www.sundogtherapy.com/dogtraining>

Search for trainers from these organizations:

- Association of Pet Dog Trainers <https://apdt.com>
- International Association of Animal Behavior Consultants <http://iaabc.org>

Professional Membership & Organizations

Pet Partners – for the beginning stages we recommend VOLUNTEER visiting to get to know your dog in different environments, before you begin bringing them into your practice. This organization is NOT meant for professionals that take dogs to paid work. Perfect entry-level information!

- <https://petpartners.org>

Animal Assisted Intervention International – connects practitioners across the world and provides standards of practice, resources, and is in the final stages of developing an accreditation process.

- <http://www.aai-int.org>

International Association of Human Animal Interaction Organizations

- <http://iahaio.org>

International Association of Anthrozoology

- <http://www.isaz.net/>

Animals & Society Institute

- <https://www.animalsandsociety.org>

Professional Standards of Practice and Competencies

Animal Assisted Intervention International

- <http://www.aai-int.org/aai/standards-of-practice/>

Animal Assisted Intervention Competencies (Leslie Stewart and Pet Partners)

- https://petpartners.org/wp-content/uploads/2014/12/Tiered-AAI-Competencies_2016.pdf

Research Guidelines and Places to Find Research

- Distinguish between animal assisted activities (volunteer visiting dogs) and animal assisted therapy (intervention directed/delivered by professional)

- Stern, C. & Chur-Hansen, A. (2013) Methodological Considerations in Designing and Evaluating Animal-Assisted Interventions. *Animals*, 3 (1), 127-141; doi:10.3390/ani30101227
<http://www.mdpi.com/2076-2615/3/1/127/htm>
- Human-Animal Bond Research Institute (HABRI) – largest online database of studies, books, videos, etc. – <http://habri.org>
- *Anthrozoös*, a journal published by the International Society for Anthrozoology (ISAZ) – <http://www.isaz.net/isaz/anthrozoos/>
- Human Animal Interaction Bulletin published by American Psychological Association - <https://www.apa-hai.org/human-animal-interaction/>

Continuing Education

Dogwood Therapy Services – Occupational Therapy Clinic

- Workshops, hands-on learning labs, post-professional rotations, program development, dog training
- http://www.dogwoodtherapy.com/post_professional.html
- Free online webinars: <https://dogwoodtherapyservices.teachable.com>

Pet Partners

- Great courses for your VOLUNTEER phase! *The term THERAPY ANIMAL refers to volunteer visiting dogs for this organization.*
- <https://petpartners.org/learn/online-education/>

International Institute for Animal Assisted Play Therapy

- Workshops in animal assisted play therapy, online courses, dog training
- <http://www.iaapt.org>

Occupationaltherapy.com Webinar on AAI

- <https://www.occupationaltherapy.com/ot-ceus/course/professional-applications-animal-assisted-interventions-2768>

Center for Human Animal Interactions (Oakland University)

- Online course, workshops, conferences
- <https://oakland.edu/nursing/continuing-education/animalassistedtherapy/>

Institute for Human-Animal Connection (University of Denver)

- Orientation to Animal-Assisted Interventions
- Animals & Human Health Certificate
- <https://www.du.edu/humananimalconnection/programs-education/index.html>

Presenter: Karen Ni, OTD, OTR/L
 karen@sundogtherapy.com
 Major Contributor: Melissa Winkle, OTR/L, FAOTA

- Canine-Assisted Intervention Specialist Certificate
- <http://portfolio.du.edu/CAIS>

Tufts Institute for Human Animal Interaction

- <https://hai.tufts.edu/educational-opportunities/>

University of New Hampshire

- Online non-credit course (put your name on the list for future mailings)
- <https://training.unh.edu/animaltherapy>

Stop the 77!

- 77% of dog bites are from familiar dogs. Learn to teach kids and their families what is allowed and not allowed with your dog (and theirs!).
- <http://stopthe77.com>

Doggone Safe – Be a Tree - Dog Bite Prevention

- <http://petprofessionalguild.com/Bite-Safety>

Dogstar Daily

- Website for dog lovers – blogs, articles, and free resources about dog behavior and training
- <http://www.dogstardaily.com/free-downloads>

Coursera

- Courses: Animal Behaviour & Welfare, Dog Emotion and Cognition
- <https://www.coursera.org>

Doggie Drawings by Lili Chin

- Great visuals to use for educating clients on dog body language, human-animal interactions, and dog training
- <http://www.doggiedrawings.net/#!freeposters/ckm8>

National Resource Center on The Link between Animal Abuse and Human Violence

- <http://nationallinkcoalition.org>

AniCare® Model of Treatment for Animal Abuse

- <https://www.animalsandsociety.org/helping-animals-and-people/anicare/>

Books

- Aubrey Fine – Handbook on Animal-Assisted Therapy, 4th Ed., Foundations and Guidelines for Animal-Assisted Interventions
- Melissa Winkle – Professional Applications of Animal Assisted Interventions
- Rise Vanfleet – Play Therapy with Kids and Canines: Benefits for Children's Developmental and Psychosocial Health
- Alexandra Horowitz – Inside of a Dog: What Dogs See, Smell and Know
- Karen Pryor – Don't Shoot the Dog
- Bonnie Bergin – Understanding Dog Mind
- Meg Daley Olmert – Made for Each Other: The Biology of the Human Animal Bond
- Pat Miller – The Power of Positive Dog Training
- Jean Donaldson – Culture Clash
- Marc Beckoff – The Emotional Lives of Animals
- Andrew Linzey – The Link Between Animal Abuse and Human Violence

Articles

OT Practice

- Winkle, M. & Jackson, L. Animal Kindness: Best Practices for the Animal-Assisted Therapy Practitioner
<https://drive.google.com/a/dogwoodtherapy.com/file/d/0B2Jlrb5EDruCQVdaZUdtcEpoREk/view?pli=1>

The Playful Pooch - great articles written for play therapy but relatable to OT

- <http://play-therapy.com/playfulpooch/resources.html>

Pet First Aid Classes

In-person class

Online - Udemy

- <https://www.udemy.com/dog-cpr-first-aid-safety-for-pet-pros-dedicated-owners/>

Additional Liability Insurance

Alliant Insurance Services

ph: 1-972-980-5860 fax: 1-972-980-5861

Dean Insurance Agency (Liability Insurance for Working Dogs in any location)

<http://www.dogbitequote.com>

ph: 1-800-721-3326

Trust Risk Management Services (Professional Liability that includes animals in practice) <https://trms.trustrms.com>

ph: 1-855-655-1801 (Eastern Time Zone, MD)

email: alliedinfo@trustrmn.com

Presenter: Karen Ni, OTD, OTR/L
karen@sundogtherapy.com
Major Contributor: Melissa Winkle, OTR/L, FAOTA