

tierbegleitet bewegen

Volkshilfe Wien's "tierbegleitet bewegen" volunteer project aims to significantly reduce the need for costly downstream resources for domestic or institutional care and support by optimally integrating pets into preventative measures.

"tierbegleitet bewegen" works for the benefit of people in special circumstances.

The aim is to eliminate potential animal-related disadvantages and to help pets promote the health and well-being of project participants, thus enabling sustainable success.

According to ATHIS, physical and / or sensory limitations in 2014 affected about 39 percent of those aged 15 or over in Vienna (around 583,000 persons%). Significant increases in physical and / or sensory impairment can be observed with increasing age: from 22 percent among 15 to 29 year olds to 61 percent among those over 60 years old. (Statistics Austria - Austrian Health Survey 2014)

The focus of "tierbegleitet bewegen" is on humans. As an aid to self-help, pets should be recognized and used as support for humans. They also serve as a link between volunteer caregivers and cared for persons. Thus, a basis of trust for the common work for the well-being of the person being cared for can be created.

The project is in the field of psychosocial health promotion. Animal-assisted intervention in humans can be an extremely helpful element for improving the health and quality of life of persons with physical and / or mental disabilities.

Volunteering

Many people are basically ready to volunteer in social areas. Unfortunately, the commitment often fails due to existing inhibitions and the often insufficient accompanying support of the volunteers. In the project "tierbegleitet bewegen" the inclusion of their wishes and needs is a supporting project-accompanying measure.

Volunteers are intensively prepared for their activities before they are deployed.

- Dos & don'ts of FW work in the social field
- borders (own and those of others)
- Basics of the planned methodical approach
- Privacy Policy
- Basic Course Animal Husbandry & Animal Assisted Therapy
- physiology, anatomy kinematics
- Methodology, didactics, basics of healthy nutrition

Volunteers visit the project participants twice a week at home for at least 3 months and carry out the pre-defined exercises involving the pet together with them.

Target group / objective

- People with physical impairments
- People with mental impairments
- Older people
- People in rehabilitation

An objective and subjective improvement of the life situation of the person being cared for can be achieved by simply assisting the person to be cared for, such as

- playing together with the pet to activate the mind and body
- shared activities outside the home, e.g. "Gassigehen" as mobilization and
- Promoting social inclusion through more external contacts
- Help to improve communication between humans and animals to increase self-esteem and well-being
- Animal care assistance to promote responsibility, activation and mobilization

The co-motor skills, the fine motor skills, the haptic stimulation / sensorimotor skills as well as the mental abilities are promoted.

The project can arouse and promote personal competence in dealing with the given situation. Accordingly, the project "tierbegleitet bewegen" is based on the resource-oriented salutogenesis model of A. Antonovsky with its multidimensional view of health and its central concern of promoting coherence.

The pet should help with the support of the volunteers:

- To maintain and restore mobility and activity even in old age
- To maintain or restore independence even in old age
- To move from a passive, tolerant role to an active, self-determined one
- Increase the desire to live and avoid potential hopelessness
- To increase the quality of life of people, to make life worth living again

preventive measures

Through increased activity and mobility, not only the cardiovascular, but also the muscular performance can be significantly increased in old age. A powerful active musculoskeletal system (paired with sufficient motor skills and coordination ability) contributes significantly to the fall prevention in everyday life. One third of all over 65 year olds plunge at least once a year. 20% of those affected need medical treatment, and almost 10% are affected by fractures. In addition to physical injuries, especially the fear of further falls is a major resulting problem "post fall syndrome", which can lead to further inactivity.

Increased activity and mobility as well as a stronger muscular apparatus also lead to increased stress and strain - in the positive sense - of the passive musculoskeletal system (skeleton). Lack of mechanical stress favors the development of osteoporosis. On average, every third woman and every fifth man suffers a fracture caused by osteoporosis once in his life. Active prevention is also an important part of independent living in this area.

"tierbegleitet bewegen" thus actively contributes to setting important preventative measures in order to avoid accidents and the resulting negative effects for the individual concerned and society.

benefit

Achieving these goals not only brings with it the obvious benefits of the caregiver:

- Longer independence in old age can reduce the need for nursing home places, reduce the intensity of nursing care in one's own household, and also avoid a further increase in home help requirements.
- By maintaining or restoring mobility and activity, the motor skills and coordination skills of the people being cared for can be strengthened and promoted. This reduces the risk of accidents and injury. Lengthy and costly medical and nursing measures can be avoided.
- Due to reduced isolation, promoted external contacts and thus increased drive, the self-motivation itself is actively strengthened to work as long as possible to lead an autonomous and self-determined life.
- Project participants are encouraged to properly feed, care for, and behave properly according to their species and needs.

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