

Case Study

Someone living with Asperger syndrome and mobility restrictions

Paid for using their NHS personal health budget

Equine assisted learning offered this client with Asperger's syndrome the opportunities to improve her social skills without having to interact with other human beings who frequently criticised her mistakes. Sociability issues were addressed through interactions with horses that provided direct, immediate and non-critical feedback through their actions. As the animals don't talk, the client could focus on the vitally important non-verbal aspects of relationships and social interaction, as these non-verbal features of communication are the most challenging for people with Asperger's.

