



Equine Assisted Learning: Family Relationships and Autism

There are around

700,000

people on the autism spectrum in the UK

Autism is a part of daily life for

2.8 million

people in the UK

NHS Information Centre for Health and Social Care

Autism is a **lifelong**, developmental disability that affects how a person **communicates** with and **relates** to other **people**, and how they **experience the world** around them. We're using the term autism to describe all diagnostic profiles, including **Asperger syndrome** and **Pathological Demand Avoidance** (PDA).

Without understanding, autistic people and families are at risk of being isolated and developing mental health problems.

Further statistics from **The National Autistic Society**, include:

- ❖ **34%** of children on the autism spectrum say that the **worst thing** about being at school is **being picked on**.
- ❖ **63%** of children on the autism spectrum are **not** in the kind of school their parents believe would **best support** them.
- ❖ **17%** of autistic children have been **suspended** from school; **4%** had been **expelled**.

**Have you heard about Equine Assisted Learning (EAL):
A unique learning experience with amazing benefits?**

Inspired Equine Assisted Learning CIC facilitate programs that are wonderful for helping children and teens establish themselves as **calm, confident and assertive young people**. Autistic people have **difficulties** with **interpreting** both **verbal** and **non-verbal language** like gestures or tone of voice. Many have a **very literal** understanding of language, and think people always mean exactly what they say. EAL can help those who are autistic to **understand** and **relate** to other people, and to take part in everyday **family, school and social life**.

Horses understand instinctively how to differentiate between potentially threatening behaviour and a calm and assertive nature, and so those affected by autism who have the chance to participate in EAL sessions are able to learn how to **successfully understand and modify their behaviour and communication** through a series of **interactive exercises** and **sensory experiences** that **cannot be delivered in a classroom**.

The sessions are available to all **family members** to help them to **support** one another as they learn to **manage the effects of autism**. This is important because children with autism need a lot of attention and may need to be managed differently to other children in the family and this **can cause resentment and jealousy on the part of the other children**.

EAL does not involve riding and no prior experience with horses is required.

Did you know there is a local EAL Centre with programs specifically designed to help families cope with the impacts of Autism?

For more information or to arrange an informal visit to the Centre to discuss your needs, please:

Telephone **Mike Burrow** on **07729 909186**, email **info@inspired-eal.co.uk** or see our website **inspired-eal.co.uk**

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