

2nd Quarter Report 2020



The mission of DALUZ is to provide life tools to students, through the horse. Based on all the global problems that we are currently experiencing and the temporary closures that we have had. DALUZ talked with parents and we suggested that they work together with activities that they do in our Center and are replicated at home in order to have better progress and achievements with the students.

We sit down with the parents to design a schedule that the children must comply with at home and deliver progress to DALUZ in order to record these developments.

Below is a brief summary of the activities achieved at home and in the equestrian center in the period of May, June and July 2020.



Santiago Vargas



| Personal Goals at Home | Equestrian Objectives |
|---|--|
| <ul style="list-style-type: none">-Perform activities with a specific time (concentration)-Touch and accept different textures-Physical exercises | <ul style="list-style-type: none">-Placement of stirrups and remove halter independently-Do not squeeze the legs when the horse advances or feels fear-Do not pull the reins of the horse when it is high. |
| Diagnosis | |
| <ul style="list-style-type: none">- Autism Spectrum Disorder | |

With Santiago, a great improvement in self-control and acceptance of activities has been noticed, evident in asking for help from others who are around him both at home and in the equestrian center and accepting that he cannot complete the task on his own, however must have tried it first.

When you ride a horse you recognize that each horse is different and that you should treat it with respect (transferring this situation to the personal and educational aspects) and based on the need it requires. Sometimes he tends to clench his legs out of fear or impulse, which is something we are working on to control.

You are working with the activities with a stipulated time and if the activity ends the same to make you understand that your attention should focus on the activity you are doing, both in class with the activities and saddling the horse and at home with the tasks and foods.

Jeimy Baltodano



| Personal Goals at Home | Equestrian Objectives |
|--|---|
| <ul style="list-style-type: none"> -Help in preparing food at home -Work emotions based on games -Practice writing -To do physical exercises | <ul style="list-style-type: none"> -Ready horse (stirrups & halter) -Walk independently with the horse -Trust in the English mount |
| Condition | |
| <ul style="list-style-type: none"> -Down Syndrome | |

This quarter, despite the time taken by the situation in the country, Jeimy made enormous progress both on a personal-social and genetics level. She has increased her trust with animals and people outside her home, thus showing that she currently uses reins and change of horse equipment, generating more independence as a person and rider.

You are learning to get your horse ready and starting to walk your horse independently (without the help of a pull). This has generated that the objectives are focused on coordination, direction, attention and concentration.

At the same time, her independence has been noticed at home by helping her mother cook and she is very excited because thanks to this initiative from DALUZ she has homework and has improved her writing, but she must work on numbers and sums.

Wendy Vargas

Personal Goals at Home

- Have responsibilities at home
- Working right-left arm movement
- Bathing and combing according to instructions

Equestrian Objectives

- Management of frustration when the horse does not advance
- Do not let go of the reins
- Perform circuits where you use the reins to direct the horse
- Pronunciation

Condition

- Down Syndrome



During the classes Wendy has improved her pronunciation and communication with others, when she arrives she not only greets and talks with the equine but with other students, volunteers or person who is in the room promoting her pronunciation.

It is a routine for Wendy to arrive and get her horse ready without the need for support, generating at home the acquisition of responsibilities such as making the bed, combing and bathing alone, helping with cleaning, among others. When riding she has had the challenge of advancing her horse independently and directing it through different places, working her arm coordination with right and left.

The mother states that she has had to leave her alone at home and Wendy abides by the rules and can stay doing different activities without supervision.

Juan Pablo Cerdas



Personal Goals at Home

- Perform breathing exercises
- To tie and untie a button-down shirt
- Implement routines
- Climbing steps without support
- Identify emotions

Equestrian Objectives

- Work in the correct posture in the saddle (feet-back)
- Right left
- Phrases with 5 words or more.

Diagnosis

- Ataxo-apraxis neuromotor disorder

Juan Pablo has acquired more security and firmness in his decisions, which has been evidenced when he is afraid to carry out an activity, he asks for help or if he wants to go down he already expresses it.

At the same time, a great advance has been noticed in its pronunciation, the words are more easily understood, which has been the product of the breathing practice that has been done both in the equestrian center, and with the tasks sent home.

On the other hand, their fear of heights is worked on, climbing onto benches to be able to comb the horse's mane, place the saddle, accommodate stirrups or get on it.

Paulina Padilla



| Personal Goals at Home | Objetivos Equestres |
|--|---|
| <ul style="list-style-type: none"> -Standing in 4 points -Grab the object for 15 sec. -Sit without backing -Perform leg push-ups | <ul style="list-style-type: none"> -Postural Stability -Hold neck -Grip -Use of bar |
| Diagnosis | |
| <ul style="list-style-type: none"> - Encephalopathy - Refractory focal epilepsy | |

Paulina on a physical level has come a long way through the seat that the horse provides her and its movement. Currently she can stay seated on the horse for 5 seconds without external grip. She manages to keep her head upright for at least half the class. She manages to perform a ride on horseback without spasms in the legs, which has been achieved with the support of the parents at home with the new methodology, since they have worked on their posture.

Likewise, the recognition of the object has been achieved and following it with our eyes, however we continue to work in conjunction with the house to keep it held in the hand, that is, the grip of the object.

Arianny Montero

Personal Goals at Home

- Comb alone
- Take out the clothes for riding
- Put on stockings
- Make jumps or go over holes

Equestrian Objectives

- Down steep ramp
- Perform stretches towards the feet without losing balance
- Right and left

Diagnosis

- Smith-Magenis syndrome



Arianny has come a long way on a social level this quarter. She manages to communicate with staff, volunteers and sometimes she has had class with other classmates and her participation has been very productive, she supports her classmates, she hopes that others finish so she can move forward.

At home, the mother has noticed a great advance because she has managed to jump and maintain her balance, climb stairs without support and bend down and then stand up without help, exercises that we do before riding a horse. It recognizes the names of all DALUZ personnel.

Both at home and in the center we continue to work on her fear of going over holes or sewers, as well as going down steep ramps.



Moisés Vargas



Personal Goals at Home

- Create routines for going to the bathroom
- Perform leg stretches
- Write the alphabet
- Separate legumes

Equestrian Objectives

- Lower the legs more than 90°
- Place your back straight when sitting on the horse

Diagnosis

- Childhood cerebral palsy -Tetraparesis

Moisés has been a very focused boy and has become aware that if he wants to advance and improve, he must work on his goals. Last quarter we had noticed that the letters were not well known, so we have incorporated new objectives working on them in DALUZ and at home. Great progress has been made to the point where he has improved his writing.

Your goal is to be able to write well. His desire is to ride quietly on horseback, which his tetraparesis does not help him, so before riding, we create the routine of stretching, thus achieving in the last visits that the climb to the horse is more relaxed, less painful but more pleasant. , which has generated a radical change in him, his face is cheerful, he smiles, shares and even interacts with the rest of the team, since he does not present so much pain.

Emily Arias



Personal Goals at Home

- Use the left hand to remove the stockings
- Stand with your back to the wall and be straight
- Tear and use scissors
- Flex seated tip

Equestrian Objectives

- Keep your eyes open when something scares you
- Raise your voice to give instructions to the horse
- Right and left

Diagnosis

- Infant cerebral palsy - Spastic tetraparesis

Emily has been working a lot from home with the methodology implemented in DALUZ of autonomy, which has been noticed in the therapies, since she has better control of her left hand, manages to grasp objects, has managed to tear paper and make small balls (bodoquitos) It is difficult for him to remove the stockings with his left hand, but the mother expresses that in the position of an Indian, he already manages to do it.

With the horse, more security has been evidenced, since she approaches to touch any horse present and does not remove herself, however she still lacks because she does not close her eyes, as well as her tone of voice has been increasing during classes. Her posture when standing is more stable, although she still needs help and we are beginning to work distinguishing between right and left.

Sara Pérez



Personal Goals at Home

- Differentiate between Left and Right
- Put on gloves alone
- Acts of service towards someone outside

Equestrian Objectives

- Use of cowgirl saddle
- Use of reins in one hand
- Place stirrups at their level

Diagnosis

- Myelomeningocele -Hydrocephaly

Sara has constantly mounted the same horse, thus generating a friendship between them, sometimes she has brought her carrots to give to Dot (the mare she rides), as well as she has shared with her classmate, working on socialization already that Sara doesn't have much contact with other children. We have also consolidated the one that already rides in a cowgirl saddle, generating in her more security and confidence when riding, since now she only has one assistant at her side. The classes have allowed you to practice left and right with the rein to direct your horse.

On the other hand, we continue to practice both at home and in the center to put on the gloves without external help. It is important to mention that their treatment of others has been more cordial and grateful, which may be due to the practice of acts of service at home.

Santiago Sandi



| Personal Goals at Home | Equestrian Objectives |
|--|--|
| <ul style="list-style-type: none">-Wear the lenses on the neck for 30 minutes and 5 minutes on-Place different textures on the face-Grabbing objects | <ul style="list-style-type: none">-Make plane-Strength in the legs-Stand standing-Make frog |
| Diagnosis | |
| Tricher Collin Syndrome | |

Santiago Sandí has managed to strengthen the muscles of the thighs through the realization of the "frog" pose on the horse, which in turn has generated that at home he gets up with the help of furniture; we are currently working the lower leg (calves).

On the other hand, he leaves his glasses on once he is on top of the horse and does his class completely, so they have also executed it at home and have had days of considerable achievement.

Standing has been practiced but it needs a lot of help, which is an activity that we do each time with the intention of reaching the horse to pet it.

Maripaz Viales

| Personal Goals at Home | Equestrian Objectives |
|--|---|
| <ul style="list-style-type: none"> -Take your plate or glass to the kitchen - Combing the horse -Press with you arms on the chair | <ul style="list-style-type: none"> -Drop objects when asked - Fasten the helmet alone |
| Diagnosis | |
| -Injury epilepsy -Child cerebral palsy | |



Maripaz in this quarter has managed to put on the helmet and take it off independently, without throwing it to the ground. With the help of the Maripaz house with the exercises in the new autonomy program, it is already possible to comb alone, which has been reinforced when combing the horse using one hand and then the other to use both hands.

Parents have commented that they try to get her to put her plate on the pile, however she still has a hard time and we continue to encourage exercise. Likewise, it is important to note that we are working on giving or releasing objects to others when asked and fastening and unbuttoning the helmet alone.

Esteban Maravilla



| Personal Goals | Equestrian Objectives |
|---|--|
| <ul style="list-style-type: none">-Pencil or spoon grip-Swallow slime-Improve posture further | <ul style="list-style-type: none">-Left Right-Coordination with your hands-Left hand use |
| Diagnosis | |
| -Hip subluxation -Childhood Cerebral Palsy | |

Esteban in this term was only able to attend one class, in which stretching of the upper and lower extremities, concentration, attention and coordination with his hands were worked. Which he understood and assimilated perfectly.

Esteban suffered a malpractice in his therapies at the hospital for which for medical reasons until his recovery he will not be able to continue attending classes. Said objectives are kept for his return.

Elías Amey

Personal Goals at Home

- Climbing steps or benches
- Say goodbye when you leave a place
- Independence when dressing and undressing
- Tying your shoes

Equestrian Objectives

- Grab the reins and use it to fold
- change to mount

Diagnosis

- Down syndrome -Ostium Secundum



Elías has managed these months to express himself better before people. His diction and pronunciation has advanced. A fear of heights was noticed despite the fact that he rides different sizes of horses, so at home and at DALUZ we work to climb the stands alone without external help or for him to find a way to do it. An example is before getting on the horse instead of going up the ramp we go up the steps, which now he does without the help of the railing.

At the equestrian level, he is learning to use the reins, how they are held, what they are for and how they are used, generating independence with the horse.

Mayoleth Gonzalez



Personal Goals at Home

- Do squats
- Action
- Brushing teeth with the right hand and then the left

Equestrian Objectives

- Firmness in your seat on the horse
- Use of reins

Diagnosis

- Severe scoliosis -RVU G - VI

Mayoleth has made a lot of progress in this quarter, with her we work to recognize how her body is on the horse and that her posture is correct when she is on top of the horse to help her relax the muscles of the back and abdomen. We are working on coordination and that each part of your body performs a different function.

At home her task was to brush her teeth with one hand and another day with the other hand, so that both hands have coordination and functionality so that later this is reflected in horseback riding, such as braiding her mane.

Physical exercises have helped to strengthen muscles especially in her legs. We are beginning to work on the use of reins, increasing her confidence and security as well as her independence.

Randy Mairena

Personal Goals

- Have a cute gesture for someone
- Serve food
- To do physical exercise

Equestrian Objectives

- Use of saddle
- Use of reins
- Handle your horse independently

Diagnosis

- Clinical depression



Randy has come a long way in these months both personally and as an equestrian. In the first one, it must be mentioned that he went to group class and at the beginning there was a clash with his partner, but then he understood that he must acquire patience and accept when something that is not our control happens, giving support to his partner and help in moment when you need it.

On the other hand, he has made incredible progress at the equestrian level, he is already using a saddle, adjusts his stirrups and walks independently with the reins, generating in him a lot of confidence and security.