Vaulting: some rehabilitation and integration experiences

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OUR EXPERIENCE

The vaulting activity has been proposed to an heterogeneous group of both normally intelligent children and children with different psychopathologic problems, and in particular:

Four children with atypical development (2 girls e 2 boys aged of 8-9)

One girl and three boys of 11-12 years old affected from the Down's syndrome with a medium – light cognitive impairment

Two girls and one boy of 12-13 years old affected from autistic spectrum disease.

Vaulting lessons took place once a week. Each lesson lasted two hours and it has been developed like a normal twirling lesson. The warming up work on earth has been made in groups, while the work on the horse has been made both singularly and in groups. The end of the lesson consisted in tiding up and taking care of the horse.

All the observed twirlers took part to the activity for a minimum period of one year to a maximum period of four years.

OUR STUDY

We run out our analysis following the ICF indicators and using the so-called qualifiers. Our aim was to evaluate the interpersonal relationships.

The classification ICF (2) updated the observing methods of some cognitive functions which are probably at the origin of the development of social abilities. Thanks to ICF, comparisons between different methods are also made possible.

In particular, interpersonal relationships are classified as follows:

- Points 710 Simple Interpersonal Interactions (S.I.I.). They are the ability to interact adequately with people according to the context and the social environment, as for example showing appreciation when necessary or responding to sensations shown out by someone else.

These abilities are divided according six indicators as follows:

- **d7100: Respect and friendliness in relationships**
- **d7101: Admiration in relationships**
- **d7102: Tolerance in relationships**
- **d7103: Critics in relationships**
- **d7104: Social signals in relationships**
- **d7105: Physical contact in relationships**

Points 720 Complex Interpersonal Interactions (C.I.I.) are generally defined as the ability "to maintain and manage interactions with others according to the context and the social environment", as for example regulating emotions and impulses, taking under control the verbal and physical aggressiveness, acting independently in social interactions and acting according the social rules.

These abilities are divided according six indicators as follows:

d7200: Creating relationships

d7201: Ending relationships

d7202: Regulating behaviors in interactions

d7203: Interacting according to the social rules

d7204: Keeping the social distance

The evaluation of the interpersonal interactions has been run out following the ICF indicators above. Here are the criteria used for judging the qualifiers:

0 = no difficulty

1 = light difficulty

2 = medium difficulty

3 = high difficulty
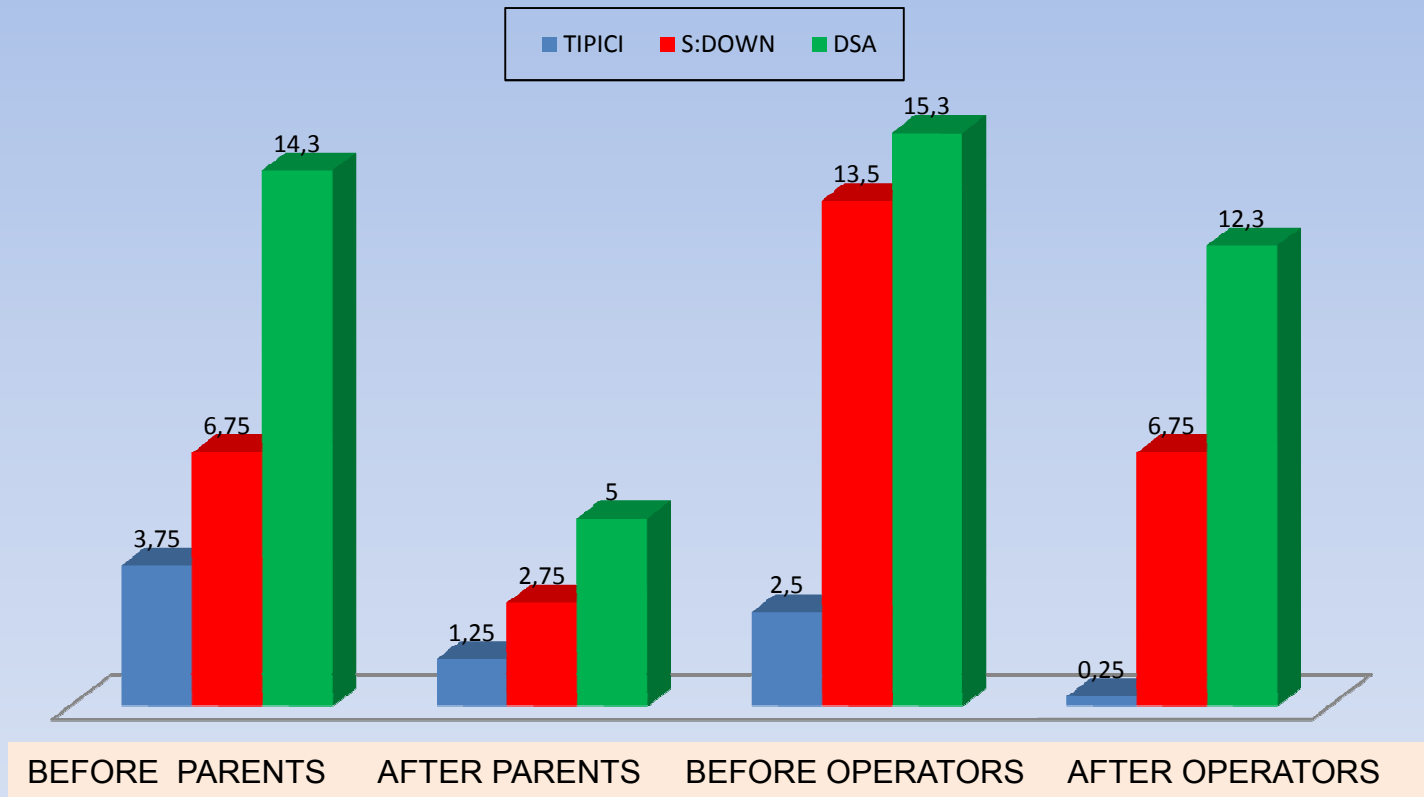
4 = very high difficulty

EVALUATION

- Operators' evaluation has been made by two operators constantly present to every session.

- Parents' evaluation has been made in almost every case by the mother, both at the beginning and at the end of the twirling period).

- Data have been manipulated to make a descriptive use of the experience.

- Two conclusions can be made: the first one, is a more global and summarizing overview in which the evolving processes in the three groups of twirlers (but separately for SII and CII) are described by parents and operators. (see histograms 1 and 2). The second conclusion is a more detailed analysis of each case of evolution of the eleven indicators as adults felt. Some histograms of pathologic situations give some examples (see histograms 3-3a e 4-4a).
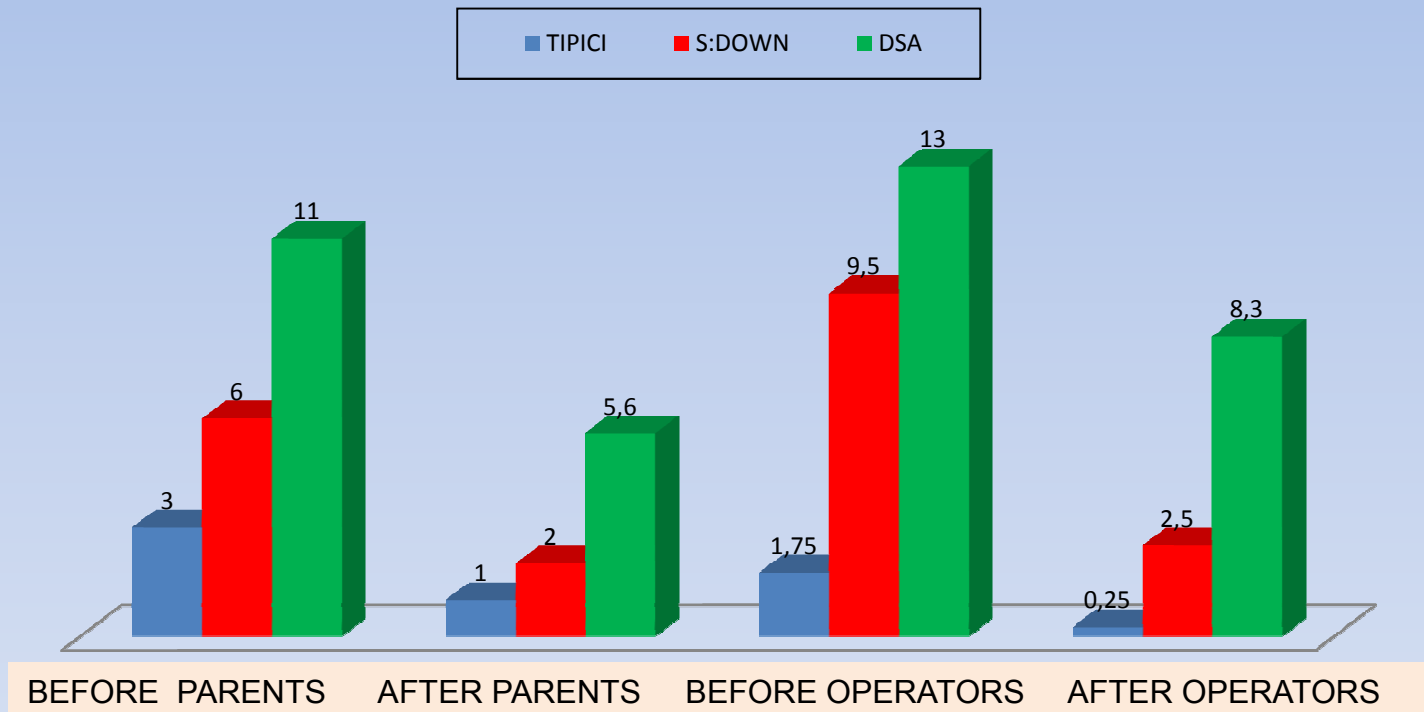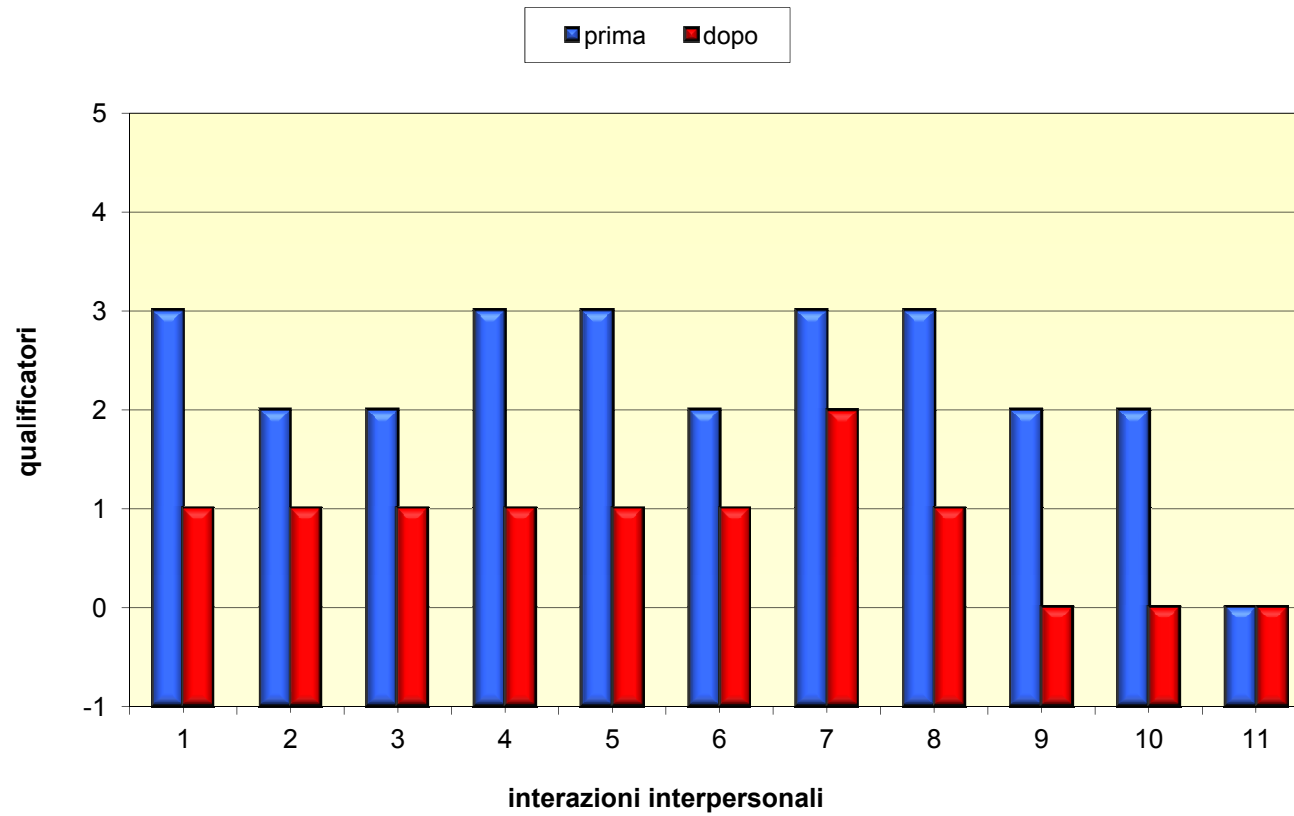
HISTOGRAM 1

IIS (Simple Interpersonal Interactions)

HISTOGRAM 2

IIC (Complex Interpersonal Interactions)

TIPICI   S:DOWN   DSA

BEFORE PARENTS: TIPICI 3, S:DOWN 6, DSA 11
AFTER PARENTS: TIPICI 1, S:DOWN 2, DSA 5,6
BEFORE OPERATORS: TIPICI 1,75, S:DOWN 9,5, DSA 13
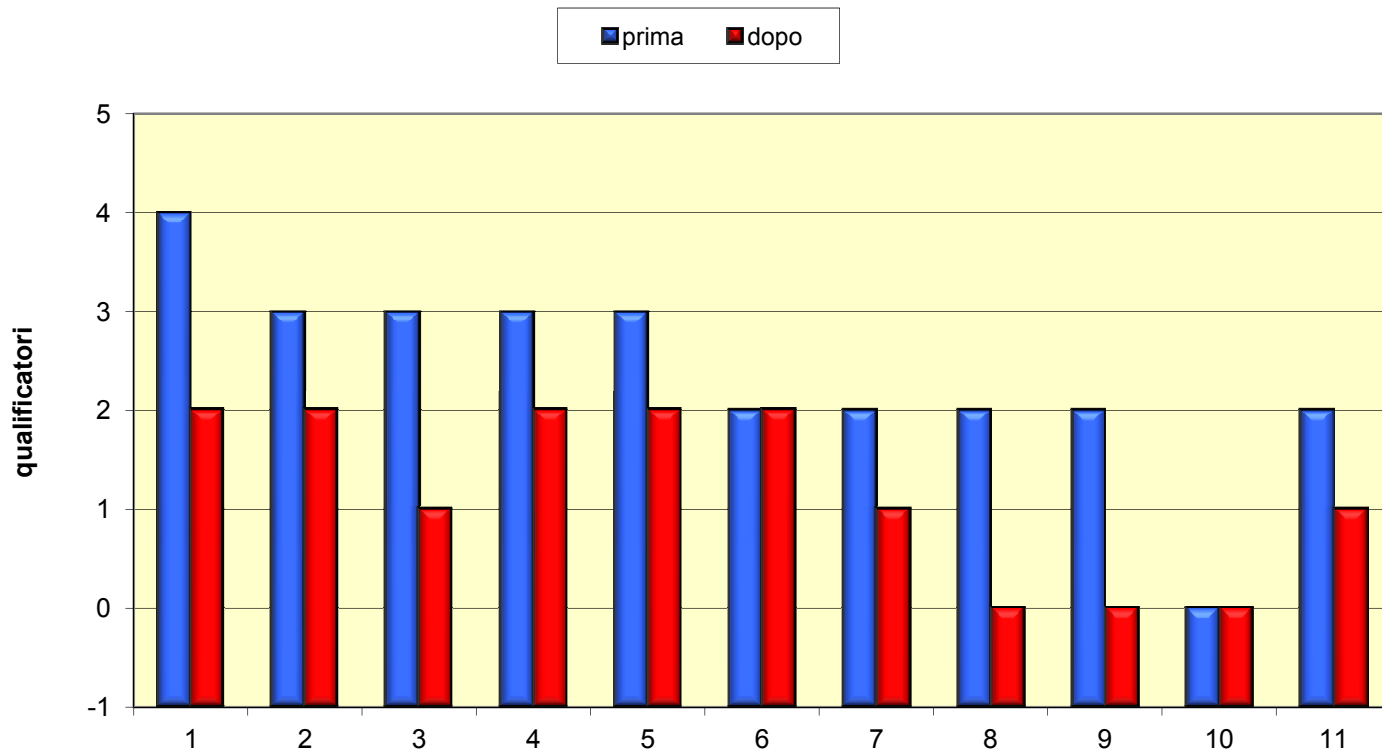AFTER OPERATORS: TIPICI 0,25, S:DOWN 2,5, DSA 8,3

HISTOGRAM 3

SIMONE MADRE

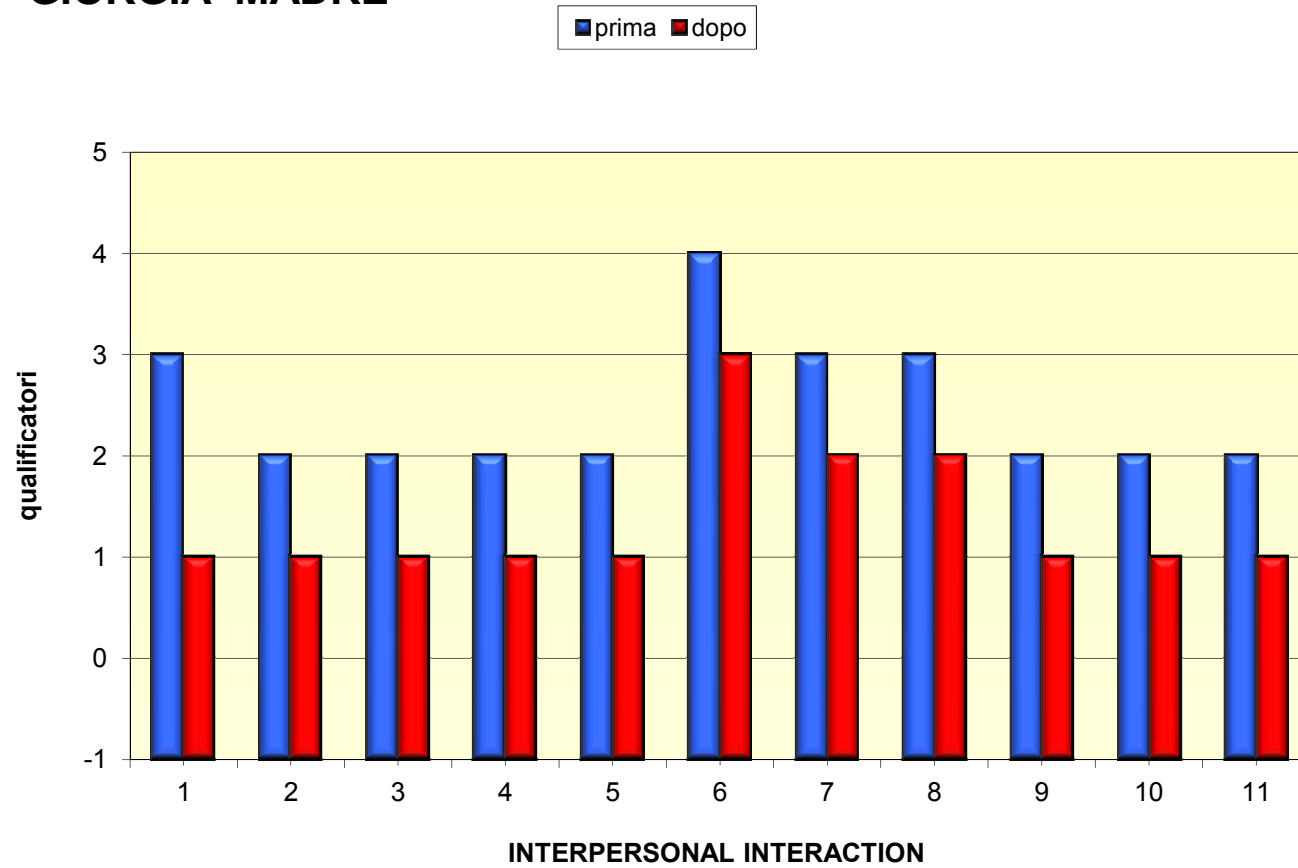From 1 to 6: Results IIS- From 6 to 11: Results IIC

HISTOGRAM 3a

SIMONE OPERATORS

From 1 to 6: Results IIS- From 6 to 11: Results IIC

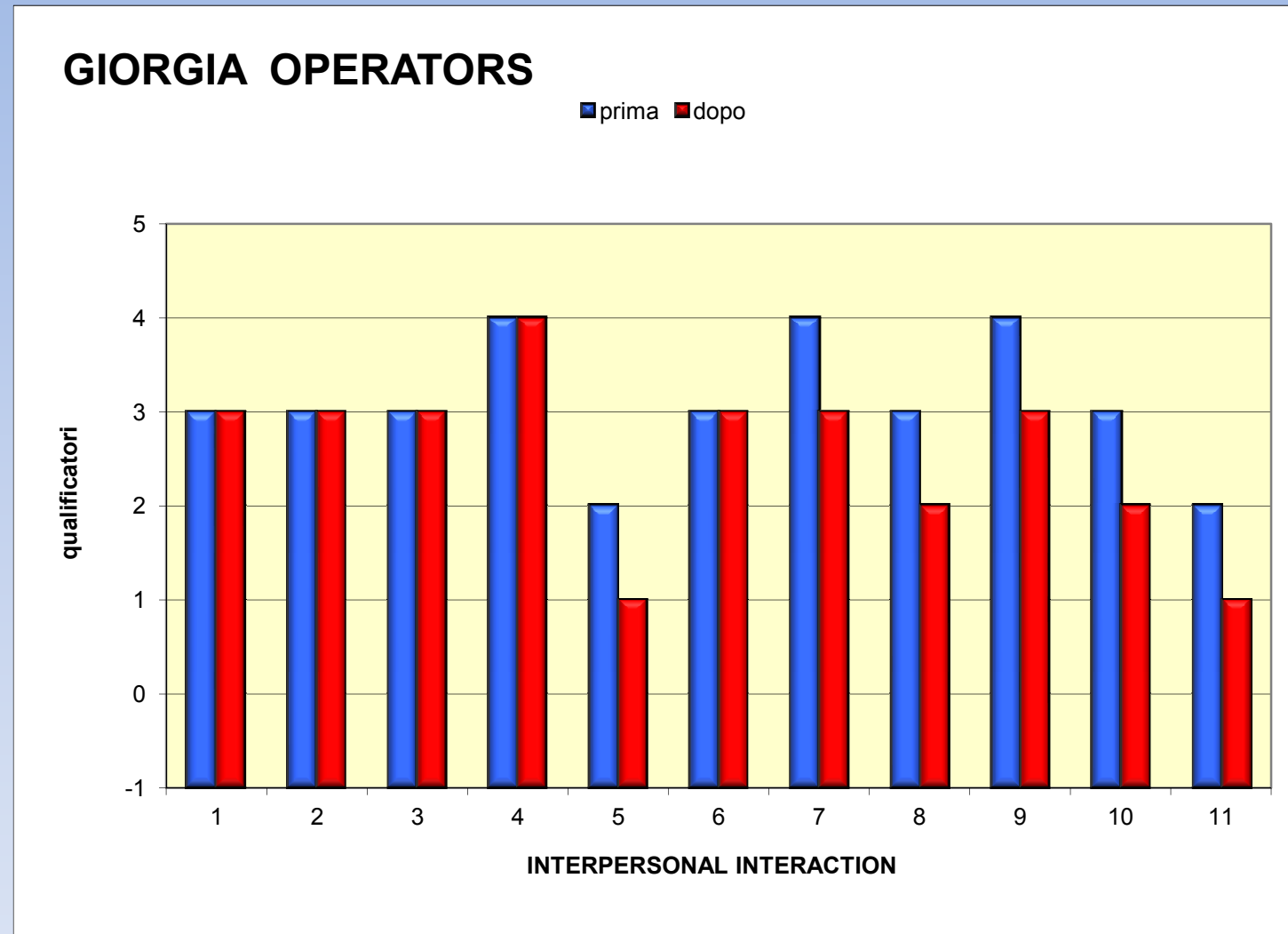HISTOGRAM 4

GIORGIA MADRE

From 1 to 6: Results IIS- From 6 to 11: Results IIC

HISTOGRAM 4a

GIORGIA OPERATORS

From 1 to 6: Results IIS- From 6 to 11: Results IIC

Thank you for your attention