We can help you to regain your independence by training your pet dog specifically for your needs.

Darwin Dogs was specially created for people with mental health problems or adults on the autistic spectrum and was named after the first dog trained for this role.



Darwin

We train your dog to be better behaved, easier to handle or to perform special tasks, whatever you will benefit from them doing.

All the training is tailored to your individual needs and conducted in your home or other location considered to be safe.

During the training process, your relationship with your dog will develop and you will start to reap the benefits of increased confidence, comfort and companionship.

If you have a recognised disability we can train your dog to be an Assistance Dog. This allows you access to many more places with your dog, meaning the benefits the dog is giving can continue wherever you need to be, in the home, at work, and during leisure activities.

And we're not just helping you! We believe that by improving the lives of people suffering from mental health issues or on the autistic spectrum we will also be improving the lives of their family and friends.

The increase in mental well-being gained by our clients saves on the amount of care they need, can reduce the needed drugs and reduce attendance at doctor's practices or hospitals.

In short our clients can go from feeling they are a burden to feeling they are a useful and productive part of society again.

We have based our work on the valuable work started by the Psychiatric Service Dog Society in America and now spreading to many other countries.

This table shows some of the tasks that dogs have been trained to perform.

| Disorder | Symptoms | Trainable Tasks |
|---|---|---|
| Anxiety | Restlessness Distractibility | Tactile Stimulation |
| | Social Anxiety | Assist owner to leave situation |
| Autism | Non-verbal Communication | Task training encourages use of words |
| | Poor Relationships | Encourage interaction with others |
| | Unwilling to go out alone | Provide companionship |
| Bipolar | Hyper focus or Irritability | Alert to incipient manic episode |
| | Aggressive driving | Alert to aggressive driving |
| Major Drepression | Hypersomnia | Wake-up owner |
| | Memory loss | Remid to take medication on-time Scent tracking to find lost objects |
| | Disorganization | Assist daily routines and household chores |
| Obsessive Compulsive | Repetitive behaviours | Interrupt behaviours |
| Panic | Dizziness | Brace or lean against the owner |
| | Fight or Flight response | Lead handler to a safe place |
| Post Traumatic Stress | Hyper-vigilance | Alert to presence of other people |
| | Fear | Safety check room |
| | Nightmares | Turn-on lights and wake owner |
| Schizophrenia | Confusion or disorientation | Take owner home |
| | Feeling overwhelmed | Buffer owner in crowded situations |

## What some clients have said about what their dog means to them

"She gives me a reason to get out of bed in the morning, and now she's trained she's a pleasure to walk too"

"I can't always take him with me, but I know when I get home there'll be a happy smiley face to greet me"

"I always come back from a walk in a good mood"

"I tell her all sorts of things and she never judges me, she just listens and loves me, it's like having a therapist at home"

"With my dog at my side I'm more confident. I try new routes when we're out walking and I go new places without needing my husband or any other carer"

"If I wake in the night with nightmares he comes to nuzzle me and calms me down"

"He stops me dissociating when I have a panic attack, he grounds me"

"Even on a 'black' day, when I really don't want to go out, I know she needs her walk, and I always come back feeling better"

## Contact us if you think we could help you, or someone you know.

### 07745 574332

### www.darwins.org.uk

### darwindogs2020@gmail.com



### It could be the best phone call you ever make

### Would you like to donate?

Search "PayPal Giving Fund" and enter "Darwin Dogs" Even the smallest amount can make a big difference!

# Darwin Dogs

## Reg. Charity no. 1191061





**Training a new member of the care team**