



Design
"Elise"

subject
family travel
with disabled children

toolkit
a tool for parents

original project

"KOM"
"KORCZAKOWSKA
DREAM CARE "



TOOLKIT ELISE

An original project by Joanna Sikorska in the form of therapeutic tools for parents, guardians and teachers of children with special needs.

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Following the guiding principle of the international EU project Elise, dedicated to parents, teachers and guardians of children with disabilities, I present you with a proposal of supportive therapies that can be used in a pleasant way, during travel and during holiday trips.

I hope that each of you will find in this therapy the joy and progress of your child's functioning.

The design is prepared in such a way that, seen through the eyes of a child, it should be a direct source of endorphins.

This is due to the combination of several dedicated therapies, such as: Animal therapy, Aromatherapy, Physiotherapy, Manual therapy, Music therapy and Photonotherapy, which will stimulate children on vacation, providing the whole family with more positive impressions and emotions as part of a great free time.

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It is worth noting that the proposals of supportive therapies for children with disabilities are specially selected and adapted to practice in the school and home environment, i.e. everyday and on vacation, are generally available and possible to practice in various places.

Inspired by the approach of Korczakowska's thought, which sees a human in a child, but also looks at the world through the eyes of a child, not an adult, I named my project "Korczakowska Opieka Marzeń" and I am pleased to present it as a toolkit, i.e. a therapeutic tool for parents, guardians and teachers of children with special needs.

Link to the movie "Social barriers in traveling for families with disabled children":

<https://www.mamaniezawszebylamama.pl/index.php/film?lang=pl>

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ANIMALOTHERAPY

Therapy involving close contact with animals.

Supports sensorics, emotional awareness, labyrinth, skeletal system, reduces muscle tension, increases self-esteem, agency, social relations, teaches independence, responsibility, relaxes, provides endorphins, rehabilitates children with childhood palsy and multiple sclerosis. on the autism spectrum, with Asperger syndrome, with ADHD, with hypersensitivity and emotional problems, i.e. withdrawal, fear, distrust, depression, stimulation



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We distinguish between several types of animal therapy due to the contact with various species of animals and their direct interaction with humans.

Hippotherapy - interaction with the horse

Dog therapy - contact with the dog

Felinotherapy - contact with the cat

Alpacotherapy - contact with lamas

Aviotherapy - contact with birds

Onotherapy - contact with the donkey

Lagotherapy - contact with rabbits

Rhodotherapy - contact with rodents

Caviotherapy - contact with a guinea pig

Dolphin therapy - contact with dolphins

Bowitherapy - contact with horned domestic animals (goats, sheep, cattle)

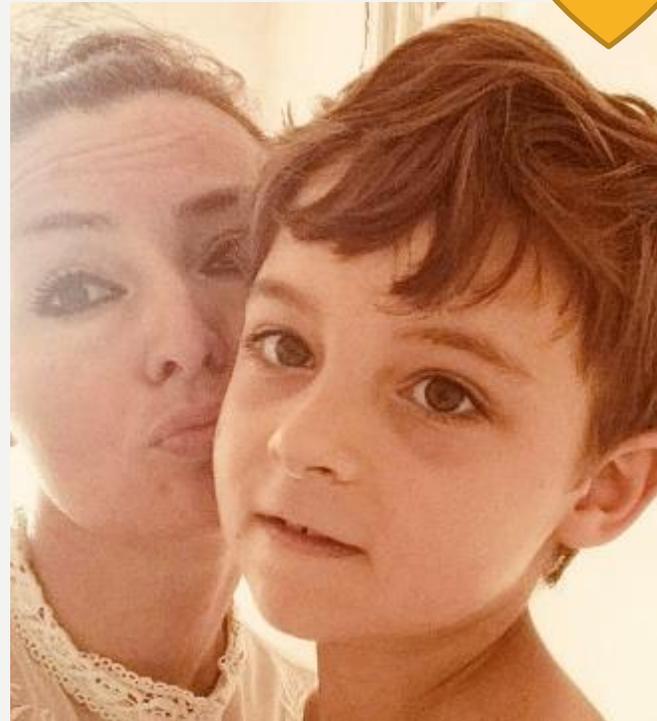
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Karol, a boy with autism, attends the 5th grade of the Korczak School of Dreams. For 4 months, Karol has been regularly attending hippotherapy, which is organized weekly by a school in his backyard, as part of re-education lessons.



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This is how 11-year-old Karol sees hippotherapy:

I guess I like Thursdays the most, I always wait for them for a long time, for a whole week, but meeting Jery completely rewards me, because Jery is just great.

Do you know who Jery is? He's a real friend with whom I love to play Indians and cowboys, sometimes I'm Zorro or 1 of the 3 Musketeers, or a jockey, because I always wear a helmet or a toque before meeting him. Everything is possible with Jery, every game is successful as soon as I activate my fantasy while sitting on his back, because Jery is my little horse, a real pony, for which my mother always puts apples and carrots in my breakfast snack, and I feed him with them on the end of our meeting, stroking his long fair mane and cuddling against his brown darling face.

I do the same when I sit in the saddle, lean forward, lie down and hug Jery, embracing his smooth neck and mane with my hands, and he slowly carries me on his back. I like these moments very much.

I have to boast that recently I managed to stand alone in the saddle on straight legs with my arms up and I didn't even move when my pony moved and made a whole circle of the school yard with me, standing up. You know, everyone applauded me and I felt so Great, like my favorite hero. For 300% I love Thursdays with Jery.

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This is how hippotherapy is seen by Karol's mother, Kasia Lefanowicz:

Link to the statement by Karol's mother:

<https://www.youtube.com/watch?v=BRrRYoBukVQ>

Opinions of other parents about the impact of hippotherapy during the holidays can be found in the film "Social barriers in traveling for families with disabled children." (First link in this email)

Link to an educational broadcast for children about animal therapy, seen through the eyes of a child and introducing them to the magical world of animal doctors':

https://www.polskieradio.pl/18/4775/Artykul/2707563,Zooterapia-Nazdrowie?fbclid=IwAR1gH5Upgb0qtfUphkJnow9BloG7vq_ILkn5HVZhHZDYf0tlajOmiLgCXHQ

In the agritourism options, we are surrounded by animals, which strengthens the positive effects of the therapy. When choosing other forms of tourism, we have the opportunity to spend time with animals and take advantage of zotherapy, e.g. by taking our own dog to the hotel, swimming with dolphins, bird watching, or searching in the area, regardless of the destination, studs, so that children have a chance to commune with horses and ponies and participate in hippotherapy on your vacation, having fun.



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AROMATHERAPY

Supports concentration and immunity, has a natural effect on the immune and nervous systems. It improves mood and well-being, reduces pain symptoms, cleanses the body of toxins, supports the entire immune system, reduces aggression, supports the process of concentration, thinking and creation.

Aromatherapy works in two areas of action. The first concerns the bactericidal and virucidal properties. The second positively affects our emotions and mood by stimulating the nervous system.



How can this be achieved? Places where children stay, at home, at school or in a hotel room, should be properly moistened with water vapor with drops of natural oils selected exactly according to the individual health needs and smell preferences of our children (we use other oils to reduce concentration, hyperactivity, apathy, aggression) , a runny nose or cough)

It is also sufficient to put a few drops on the child's clothes - for example, the collar of a blouse will be an ideal place, which will allow you to use the sense of smell and provide the brain with impulses and stimuli that have a good effect on our body.

It is really simple to use in these conditions.



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Nowadays, in the pandemic era, the topic of health has a different, larger and more important dimension, hence the importance of aromatherapy in the case of antibacterial oils is growing.

This is because pathogenic microbes cannot immunize against all chemical and organic substances, of which the simplest essential oil contains 200 to 400, and some of them are present in such low concentrations that we cannot even isolate them. It is therefore not a single active substance, but a huge array.

This is different than, for example, with antibiotics, against which more and more microorganisms resist, because only one substance works in them, not the entire army.

Therefore, to this day, no single essential oil-resistant bacteria has been identified, and aromatherapy works great as an adjunct therapy

The list of dedicated essential oils especially for children with special needs is as follows: lavender, citrus, thyme, rosemary, cinnamon, cloves, mint, tea tree, eucalyptus. It is important to contact your aromatherapist first in order to match the fragrances and oils according to your child's individual needs of the senses and emotional experiences.

Link to the video from geography lessons combined with the introduction of aromatherapy

<https://www.youtube.com/watch?v=5eyZP5Uv6qY>

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Lavender

Properties: increases the activity of beta waves



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Eucalyptus - Properties; bactericidal, antiviral, anti-inflammatory and stimulating.

Helpful with: thick runny nose, sore throat or clogged sinuses, supports circulation - warms frozen feet and heart, stimulates gray cells to work.



Tea Tree helps to control shock, hysteria, increases mental and physical resistance.

Helpful in: fungal, viral, bacterial skin conditions, sinus infections of the lungs (fights phlegm).

Rosemary - Properties: anti-cancer, improves digestion, anti-inflammatory, antibacterial, antioxidant, virucidal and fungicidal. Strengthens immunity, protects against UV radiation.

Helpful in: lowering blood glucose levels, improving the lipid profile, flu conditions ..



Thyme - Properties: helps in regeneration after illness, has anti-aging properties, lifts the mind from mental heaviness, supports Alzheimer's syndrome.

Helpful in: diseases of the cardiovascular system, swelling of the limbs, excessive sweating, hepatitis and others.

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Mint

Properties: cleanses and stimulates the work of the mind, supports concentration, repels insects, especially ticks, on holiday.

Helpful with: digestion, excessive appetite, nausea and other stomach problems, muscle overheating, fever. Dedicated to children with autism and ADHD.



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Cinnamon - Properties: has antiseptic, analgesic, bactericidal and anti-inflammatory properties.

It helps with: immunity and immunity, skin problems and inflammation,

Cloves - Properties: has antibacterial, antiviral and antifungal properties, has antiallergic and antiseptic properties.

They help with: mood, improve well-being and energize to action, They alleviate the symptoms of respiratory diseases and colds, strep throat, flu, runny nose and cough, asthma.

Additionally, neuralgia, gastric problems, flatulence, diarrhea, nausea.



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Lemon

Properties: it improves memory, concentration, reduces anxiety, reduces stress, introduces a positive mood.

Helpful in: cleansing the liver, excessive acidity, hair, nail and skin care, depression and apathy, distraction.

Recommended for children with



Orange

Properties: brings joy and optimism to the heart.

Helpful with: depressive and apical conditions, circulation problems, with swelling, sallow or oily skin. Recommended for children with autism.



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PHYSIOTHERAPY

It supports the return to physical fitness, soothes muscle tension, regulates the lymphatic system, corrects posture, relaxes, and supports the muscular system. We need a visit to a physiotherapy doctor who will diagnose and provide parents with appropriate recommendations and a set of exercises that can be performed on 2 square meters, literally everywhere at home and on vacation.



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MANUAL THERAPY

Supports: hand therapy, sensorics, deep feeling, concentration, patience, precision, creative thinking, spatial imagination, creation. agency.

As part of the holidays, we play daily manual workshops, matched to the place of stay and local resources. For example, huts, houses made of cones, sculptures made of pieces of wood, ornaments made of shells, jars of sand, things made of branches, sculptures on the beach made of sand.

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MUSIC THERAPY

Supports relaxation, reduces muscle tension, and calms down. It helps with problems with auditory hypersensitivity.

Every day, half an hour, after-dinner relaxation, whether on the beach or on the sofa with headphones over the ears, from which relaxing music that is loved by the child flows.



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PHOTONOTHERAPY

It supports the study of computer science, programming, emotional control, relationship building, sensory training, and creative thinking.

Taking a robo-dog Photon controlled by a tablet with you on vacation, equipped with appropriate software adapted to the child's medical conditions, should in fact not be a problem, and it will be a great distraction from games and the phone, leading them through play with regular educational and sensory therapy, plus stimulating one.

The advantages of Photon, based on an innovative technology developed by Polish specialists, have been appreciated on markets in 72 countries around the world.

Link to the film "Modern technologies in education taking into account the learning of children with special needs":

<https://youtu.be/czZUFNhBJAo>



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Link to the instructional video for parents, teachers and caregivers explaining the principles of therapy for a child with a robot

<https://www.youtube.com/watch?v=LJFvqBL2Z1w>



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The possibility of the most effective use of KMA therapy support as part of going on vacation should be preceded by a conscious choice of the form of tourism itself, so as to take into account all its advantages and disadvantages as seen through the eyes of the child himself. For families with children with special needs, a recommended form of tourism, additionally easily enriched with full KOM therapy, is agritourism.



Finally, I would like to show the effects of pedagogical and therapeutic work of a boy with ADHD and the spectrum of autism, a student of the Korczak School of Dreams.

13-year-old Antek loves mountains, as every mountain himself says, but most of all the Himalayas.

Despite his illness, he has dreams and, with the help of his parents, he realizes them, enjoying it, just like when he was on Mont Everest.

For a geography lesson, he prepared a presentation enriched with stories about family holidays in the Himalayas.

<https://www.youtube.com/watch?v=IBIUNm70YtE>

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GOOD LUCK
with
"kom"!



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