

Supporting Documents

2025 EU Accessibility Application



1 - ACCESSIBILITY TO THE BUILT ENVIRONMENT AND PUBLIC SPACES



LIBRARIES FOR ALL
It is our aim to make our library service accessible and welcoming to everyone. South Dublin Libraries are delighted to present a range of assistive resources and supports available for use in our branch libraries.

LITERACY SUPPORTS Dyslexia Book Stock TTRS, Lexia, C-Pens	SUPPORTS FOR VISUALLY IMPAIRED Fact Factory Magazine, Braille Books
NEURODIVERSE SOUTH Sensory Toy Collection, Tovertafel Table, JAM card, My Sensory Hour, Social Stories	AGE FRIENDLY SUPPORTS ACORN Tablets, Hearing Loops, Tovertafel Table, Changing Places Facility



AGE FRIENDLY SUPPORTS

ACORN TABLETS
Available for borrowing. The ACORN tablet is Ireland's first Age-Friendly smart tablet, Irish made and designed with the older person in mind. It is easy to use, easy to navigate and uncluttered making it suitable for even the most inexperienced user.

For further information on any of our services and supports, please contact your local library.

CHANGING PLACES TOILET FACILITY

A changing places toilet facility is available in North Clondalkin Library (NCL) with wheelchair accessible parking close by. D22E272



NEURODIVERSE SOUTH

JAM CARD
Staff trained in JAM card awareness. JAM Card allows people with a hidden disability or communication barrier to tell others that they need extra time and understanding in a private and easy way.

AGE FRIENDLY SUPPORTS

AGE FRIENDLY LIBRARY
Each library in South Dublin has a designated Age-Friendly Champion. We provide reading glasses and magnifying sheets which are available for use in the library.

- Hearing Loops
- Tovertafel table
- Large Print Books
- Playway
- Garden areas

LITERACY SUPPORTS

C-PENS
Reader Pen is a convenient portable tool to support independent reading and literacy. Scan text with this state-of-the-art device to have words read out with natural speaking voices. It also features a voice recorder and supports to store scanned text.

SUPPORTS FOR VISUALLY IMPAIRED

BRaille BOOKS
We offer a selection of junior books which are twin vision, for association with NCVI. Twin Vision books allow a sighted reader to read alongside a Braille reader.

FACT FACTORY MAGAZINE
The Fact Factory is a magazine with assistive technology that aims to benefit visually impaired children, children with dyslexia and those who struggle to read (aged 7-13). Children can listen to the text in the magazine through an accompanying C-Talk 3 pen (you can use your headphones with the pen too).

The magazine will soon be available in Irish and Ukrainian languages.

LITERACY SUPPORTS

BOOKS
HILD BOOKS
South Dublin Libraries offer a large selection of High Interest, Low readability books written by popular authors and covering an age range from 6-18 years.

DYSLEXIA FRIENDLY BOOKS
We stock a wide variety of series specifically written to be accessible to readers with dyslexia- including fiction and non-fiction series. Graphic novels are also accessible to dyslexic readers.

JUNIOR AUDIO BOOKS
Another great option to provide reading opportunities to children who are reluctant or struggling readers. Available on CD and Playaway to borrow in the branch, with a much larger library available for instant download on Borrow Box.

TTRS
TTRS is a multisensory, structured, online typing course which assists students to learn at their own pace. In addition to developing typing skills, TTRS can help people of all ages who have difficulty with spelling, reading, or writing. Learners with dyslexia or dyspraxia find it very useful.

LEXIA
A classroom based accelerated literacy programme. Suitable for use in classrooms we currently have a subscription on a trial basis.

NEURODIVERSE SOUTH

SPECIALIST TOY LENDING COLLECTION
This new and updated toy collection caters for neurodiverse children, teens and adults and those with more significant needs - improving the library experience. Each branch will stock basic developmental items. More specialised toys will be housed in our 3 larger libraries, Tallaght, Ballyroan and North Clondalkin Library (covering areas such as language, communication, fine motor, gross motor, play & life etc)

This specialised collection has been funded through the Community Recognition Fund.

LIBRARY QUIET TIME

Each library provides a quiet time. During this time, the building will be a designated quiet space, and sensory items and toys will be available for library customers to use.

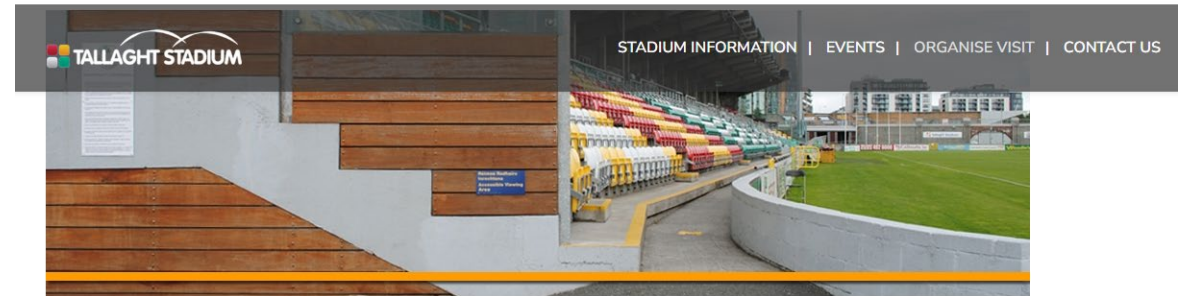
SOCIAL STORIES:
Available in each library.

TOVERTAFEL TABLE:

The Magic Table (Tovertafel) is a fun care innovation designed for use by patrons with autism, additional learning needs, dementia or cognitive impairment. Interactive light games are projected onto a table and infrared sensors respond to arm movements of players.

1 - ACCESSIBILITY TO THE BUILT ENVIRONMENT AND PUBLIC SPACES

Accessibility



Accessible Tallaght Stadium

Since 2008 South Dublin County Council has been a member of the European Observatory: Cities and Town for All. The **European Observatory** is a forum, which was created out of the Barcelona Declaration, to encourage and support cities and towns to share best practice in accessibility.

The extensive access works and initiatives which we have undertaken over the past 13 years, in particular, have all been focused on removing the barriers that create disability and exclusion and creating a truly Accessible South Dublin County.

Tallaght Stadium strives to provide an accessible environment for all its guests. Wheelchair access is available at the Stadium, for Health & Safety applications **MUST** be processed through the Managers Office and approved prior to your visit. All applications for wheelchair access should be directed to the Managers Office at the Stadium. For more information please contact reception at 01 420 3033.

Accessibility spaces are located in both the East and South Stands. There are designated accessible parking bays beside both the Block 4 & 5 turnstiles. Patrons with accessibility requirements can gain entry into the ground via the gates beside blocks 4 & 5. On arrival, please present at your designated entry point where a steward will organise access via the designated gate.



1 - ACCESSIBILITY TO THE BUILT ENVIRONMENT AND PUBLIC SPACES

Council Buildings

A significant amount of access works have been carried out since 2005 on a variety of Council public buildings. For example:

County Hall, Tallaght:

County Hall is fully wheelchair accessible. It has Braille and tactile way finding signage and all public service points are fitted with hearing induction loops. Transit wheelchairs are available at three key locations around the building and accessible toilets are located throughout the building. We also have a [changing places](#) toilet located on the ground floor. The customer care centre has two lower level counters and a Braille machine and Zoom text facility are available on site. All public entrance doors have been automated. There are seven accessible parking bays available to disabled drivers/passengers.

Civic Offices, Clondalkin:

The Civic offices are fully wheelchair accessible. All public service points are fitted with hearing induction loops and a transit wheelchair is available from reception. All public entrance doors have been automated and two accessible parking bays are available to disabled drivers/passengers in the rear car park.

South Dublin County Library Network:

All South Dublin County libraries are wheelchair accessible and are fitted with hearing induction loops and Braille and tactile way finding signage. South Dublin Libraries are delighted to present a range of assistive resources and supports available for use in our branch libraries. You can view a cross section of the resources available in a pdf brochure [here](#).

Literacy Supports

- Dyslexia Book Stock
- TTRS,
- Lexia
- C-Pens

Supports for Visually Impaired

- Fact Factory Magazine
- Braille Books

Neurodiverse South

- Sensory Toy Collection
- Tovertafel Table
- JAM card
- My Sensory Hour
- Social Stories

Age Friendly Supports

- ACORN Tablets
- Hearing Loops
- Tovertafel Table
- Changing Places Facility

For further information on these facilities please [click here](#)

1 - ACCESSIBILITY TO THE BUILT ENVIRONMENT AND PUBLIC SPACES

South Dublin County Council warmly welcomes disabled people and assistants to drop in to use the fully accessible Changing Places toilet facility in our offices at County Hall, Tallaght, North Clondalkin Library and Tallaght Stadium. We just ask that you sign in at reception, so we know that you are in the building.

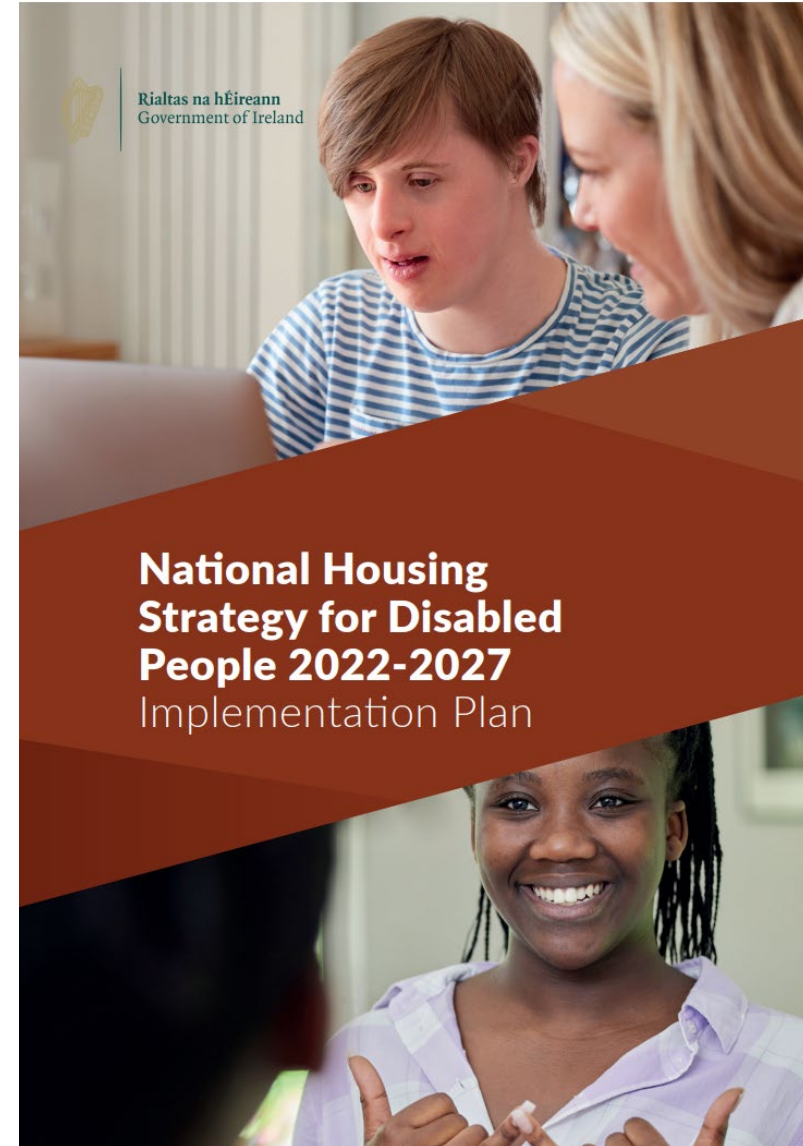
This purpose-built toilet facility gives disabled people and assistants more space and the right equipment to take care of personal hygiene, in safety and comfort.





1 - ACCESSIBILITY TO THE BUILT ENVIRONMENT AND PUBLIC SPACES

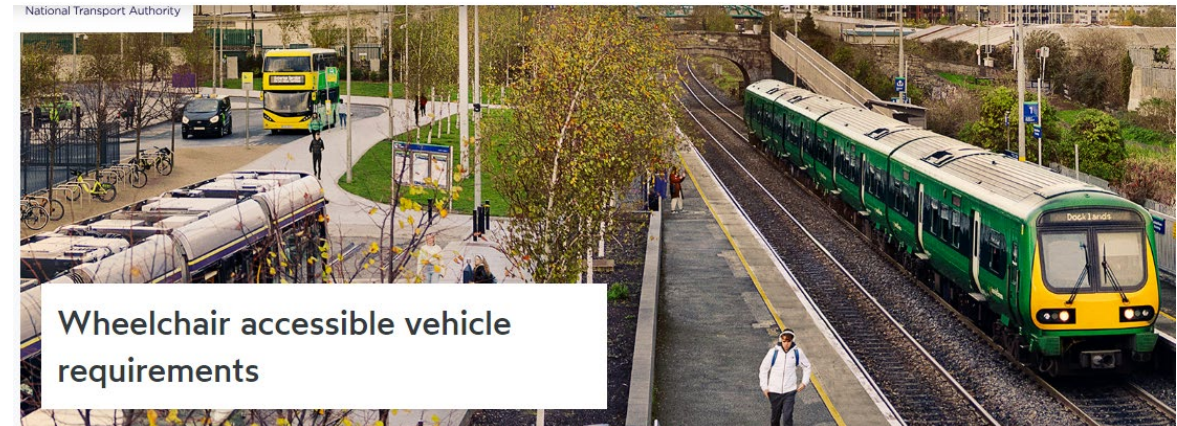
[National Housing Strategy for Disabled People 2022-2027
Implementation Plan \(housingagency.ie\)](https://housingagency.ie)



1 - ACCESSIBILITY TO THE BUILT ENVIRONMENT AND PUBLIC SPACES

- Age Friendly Housing and Rightsizing
- Rightsizing means finding a home that's right for you now and in the future. This might mean moving to a smaller home or somewhere on one level. Under our Housing Delivery Action Plan 2022-2026, the Council, together with Approved Housing Bodies (AHBs) expects delivery of up to 600 high-quality, new age friendly homes to support older people to age in place and live independently for longer in their own communities.
- There are new age friendly homes in Sallymills, Templeogue Village, St. Marks and Maplewood / Fernwood, The Weir and Brady's Field. In addition, design teams are in place for new developments at St Aongus Green, St Ronan's Crescent, Pearse Brothers Park and Sarsfield Park with these homes due to commence in 2024. Allocations have commenced for the initial homes becoming available with properties advertised through Choice Based Letting and Rightsizing applications are being progressed from both social housing tenants and private homeowners.
- Click here for information on our age friendly developments : [Age Friendly Housing and Rightsizing - SDCC](#)

2 – ACCESSIBILITY TO TRANSPORTATION AND RELATED INFRASTRUCTURES



[Wheelchair accessible vehicle requirements - National Transport](#)

2 – ACCESSIBILITY TO TRANSPORTATION AND RELATED INFRASTRUCTURES

- Accessible Parking
- The mapping of Council provided accessible parking is the first stage of a wider mapping exercise. The map can be found [here](#).
- Accessible parking is available for use by disabled drivers / passengers at, or near, most South Dublin County Council public buildings and facilities including:
 - County Hall, Tallaght;
 - Civic Offices, Clondalkin;
 - Across the Library Network;
 - Most Community facilities;
 - Bohernabreena, Esker and Saggart burial grounds; and
 - At a variety of locations across the Parks network.
- A Smartphone app showing the location of accessible parking spaces across the Dublin region is available as a free download for both iPhone and Android. Please click one of the following links to download the correct version for your phone:
 - [iPhone Dublin Parking App](#)
 - [Android Dublin Parking App](#)
- **Accessible Public Parking in South Dublin County**

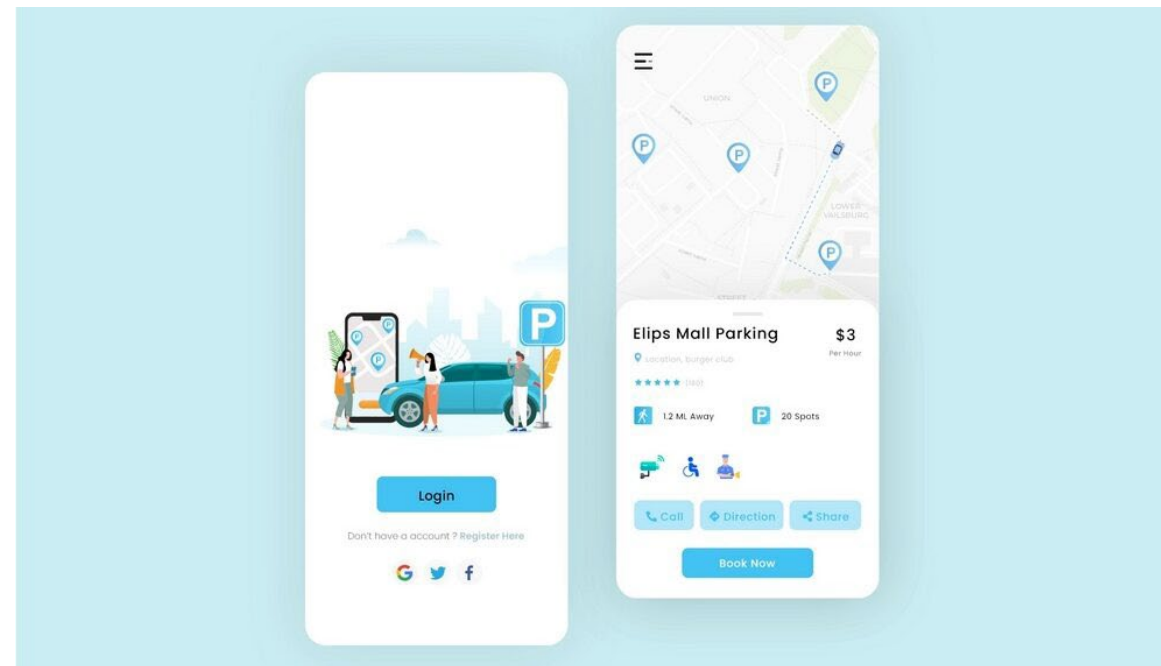


2 – ACCESSIBILITY TO TRANSPORTATION AND RELATED INFRASTRUCTURES

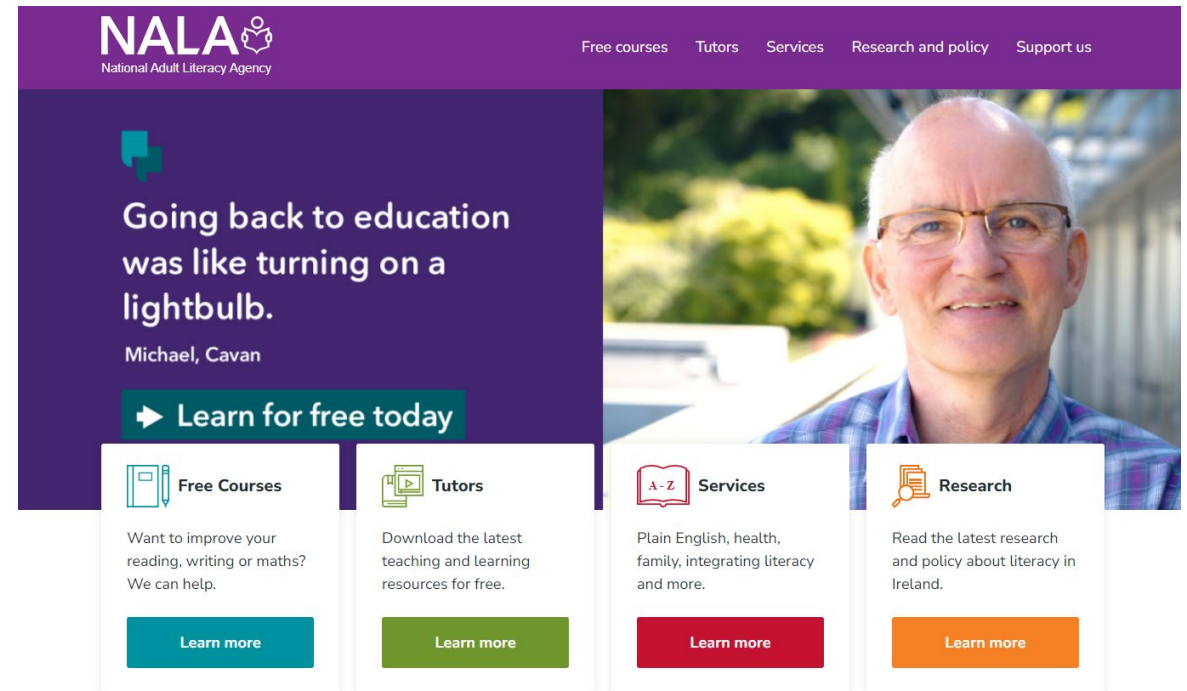
- Button by Neatebox
-
- **South Dublin County Council, Roads Department has installed the ‘[Button by Neatebox](#)’ touchless pedestrian crossing control system in two locations within the County.**
- With Button you can use your mobile phone to virtually ‘press’ the pedestrian crossing button. It can be used to operate pedestrian crossings safely and confidently.
- This free App is available on [iOS](#) or [Android](#) and allows you to focus on your surroundings without having to stretch or search for the button.



2 – ACCESSIBILITY TO TRANSPORTATION AND RELATED INFRASTRUCTURES




3 - Accessibility to information and communication, including information and communication technologies

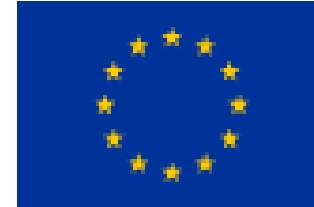


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- 3 - Accessibility to information and communication, including information and communication technologies





3 - Accessibility to information and communication, including information and communication technologies



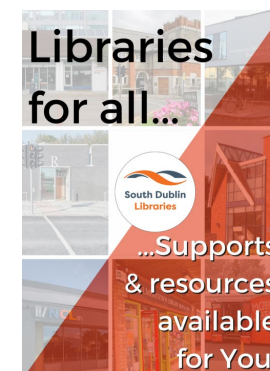
European
Union

Document 32016L2102

Directive (EU) 2016/2102 of the European Parliament and of the Council of 26 October 2016 on the accessibility of the websites and mobile applications of public sector bodies (Text with EEA relevance)

[Directive - 2016/2102 - EN - EUR-Lex \(europa.eu\)](#)

4- ACCESSIBILITY TO PUBLIC FACILITIES INCLUDE



Smart Cities: Enhancing Urban Design and Mobility for All



Panoramic view of the featured "Access City Award Winner 2024" - San Cristóbal de La Laguna, Spain




This AccessibleEU networking event, taking place in Madrid, will raise awareness about the importance of accessibility in urban design across Europe.

4- ACCESSIBILITY TO PUBLIC FACILITIES INCLUDE



FACILITIES

P Car Parking

 Accessible

 Gardens

The Round Tower
Clondalkin
Brú Chránáin

ABOUT US

EXHIBITION

CAFÉ & SHOP

EDUCATION & ACTIVITIES

GARDEN

VISIT US



[HOME](#) > [THE ROUND TOWER AT CLONDALKIN VILLAGE](#) > [VISIT US AND TOUR BOOKINGS](#)

The Round Tower Clondalkin

About The Round Tower

Clondalkin Round Tower Exhibition

Irish Crochet Lace Revival

Café & Retail Shop

Education and Interpretation Centre

Round Tower Landscaping and Garden

[Visit Us and Tour Bookings](#)

Events & News

[KIN VILLAGE VISIT](#)

Más mian le do ghrúpa treoraí le Gaeilge a bheith acu, is féidir le Clann Chrónáin turas trí Ghaeilge a chur ar fáil maidin Dé Máirt ach fógra seachtaine a bheith acu.

ACCESSIBILITY

The Round Tower Centre is fully accessible with lift, toilet facilities and on-site parking.

DOGS

Much as we love dogs, we're unable to let them inside the Round Tower Centre. Guide dogs only are allowed inside.

PARKING

Coach parking is available at the nearby **Clondalkin Leisure Centre**.

ROUND TOWER BROCHURE

[Download English Brochure \(PDF\)](#)

[Download Irish Brochure \(PDF\)](#)

[Download French Brochure \(PDF\)](#)

[Download German Brochure \(PDF\)](#)

[Download Spanish Brochure \(PDF\)](#)

4- ACCESSIBILITY TO PUBLIC FACILITIES INCLUDE



C . OWNERSHIP / LEVEL OF COMMITMENT

South Dublin County Council is committed to meeting its responsibilities under all relevant legislation and policy including:

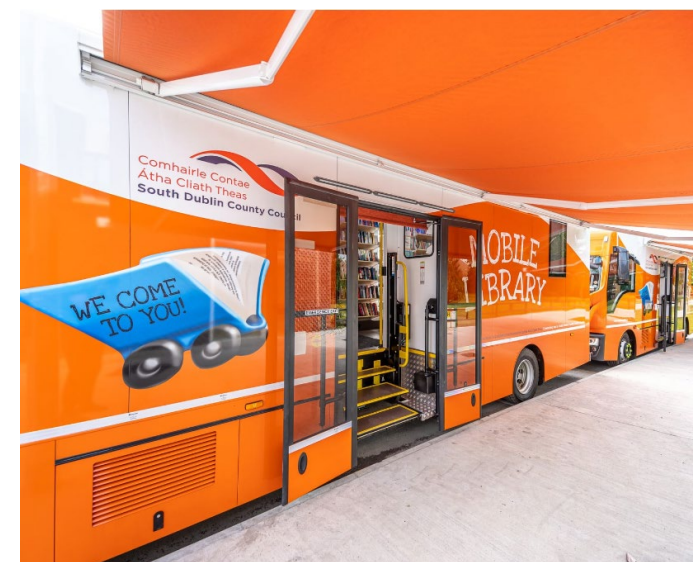
- [Disability Act 2005 \(irishstatutebook.ie\)](http://irishstatutebook.ie)
- [Irish Sign Language Act 2017 \(irishstatutebook.ie\)](http://irishstatutebook.ie)
- [Equal Status Acts - IHREC - Irish Human Rights and Equality Commission](http://www.ihrec.ie)
- [The Employment Equality Acts 1998-2015 – A Summary - IHREC - Irish Human Rights and Equality Commission](http://www.ihrec.ie)
- [Public Sector Equality and Human Rights Duty - IHREC - Irish Human Rights and Equality Commission](http://www.ihrec.ie)
- [gov - National Disability Inclusion Strategy \(2017-2021\) \(www.gov.ie\)](http://www.gov.ie)
- [gov - National Housing Strategy for Disabled People 2022 – 2027 \(www.gov.ie\)](http://www.gov.ie)

We are also committed to working with, and within, the framework of the UNCRPD.

At county level our commitment is detailed in a variety of policy documents including our:

- [Corporate Plan - SDCC](#)
- [Development Plan - SDCC](#)
- [84040-sdcc-equality-and-human-rights-framework-final-version-copy.pdf](#)
- [Plan 2022 - 2028 - SDCC](#)
- Our Libraries, Our Future. South Dublin Libraries Development Plan 2023 – 2027 [PowerPoint Presentation \(sdcc.ie\)](#)

South Dublin Mobile Libraries — Timetable 2024		
Every Monday (except public holidays)		
Dodderbrook Avenue, Ballyculen	2.30 — 3.15pm	
Rossmore Road, Templeogue	3.30 — 4.30pm	
—		
Parklands Green, Citywest	2.30 — 3.20pm	
Broadfield Avenue, Rathcoole	3.30 — 4.30pm	
Forest Hills, Rathcoole	5.30 — 6.20pm	
Drury Mills, Saggart	6.30 — 7.30pm	
—		
Kilmahuddrick Crescent, Clondalkin	2.30 — 3.20pm	
Cherrywood Crescent, Clondalkin	3.30 — 4.30pm	
Kilcarbery Grange, Clondalkin	5.30 — 6.20pm	
Citywest Village	6.30 — 7.30pm	
Every Tuesday		
Fettercairn Community Centre & Youth Horse Project	2.30 —	
—		
St Edmunds Square, Lucan	2.30 —	
Parkleigh Road, Seven Mills	3.30 —	
Earlsfort Avenue, Lucan	5.30 —	
Foxborough Walk, Lucan	6.30 —	
—		
Whitechurch Community Centre	2.30 —	
Hunters Walk, Ballyculen	3.30 —	
Parklands Road, Ballyculen	5.30 —	
Killakee Green, Firhouse	6.30 —	
Every Wednesday		
Moy Glas Wood, Lucan	2.30 — 3.15pm	
Citywest Shopping Centre	3.30 — 4.30pm	
Belfry Meadows, Citywest	5.30 — 6.20pm	
Verschoye Avenue, Citywest	6.30 — 7.30pm	
—		
Cúil Dúin Avenue, Citywest	2.30 — 3.20pm	
Aylmer Road, Newcastle	3.30 — 4.30pm	
Burgage Gardens, Newcastle	5.30 — 6.20pm	
Silken Park Avenue, Kingswood Cross	6.30 — 7.30pm	
Every Thursday		
Rathfarnham Castle	2.30 —	
The Priory, Grange Road	3.30 —	
Templeroan Lawn, Knocklyon	5.30 —	
White Pines Meadow, Scholarstown	6.30 —	
—		
Gandon Walk, Dodsborough	2.30 —	
Aderrig Drive, Adamstown	3.30 —	
Shackleton Drive, Dodsborough	5.30 —	
Lucan Heights Green	6.30 —	
www.southdublinlibraries.ie		



MOBILE LIBRARIES



AGE FRIENDLY

- The Older Peoples Council identified that a better communication pathway must be developed for older people to access information about services, community & social programmes in the community they live in as well as funding opportunities available from the County Council.

THE 7 PRINCIPLES

Principle 1: Equitable Use

- The design is useful and marketable to people with diverse abilities.

Principle 2: Flexibility in Use

- The design accommodates a wide range of individual preferences and abilities.

Principle 3: Simple and Intuitive Use

- Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.

Principle 4: Perceptible Information

- The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.

Principle 5: Tolerance for Error

- The design minimizes hazards and the adverse consequences of accidental or unintended actions.

Principle 6: Low Physical Effort

- The design can be used efficiently and comfortably and with a minimum of fatigue.

Principle 7: Size and Space for Approach and Use

- Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility.



This is a specialized communication system that helps children with speech, language and communication difficulties.

By pointing to pictures on the board, you're giving them a visual cue to tune them into what you're trying to say.

In 2020, we were contacted by Karen Henderson from the National Association of Speech and Language Therapists about communicating with children.

South Dublin County Council have been working to improve the accessibility of our playgrounds using a universal design approach.



So South Dublin County Council are very proud to have this communications board here in Corkagh Park.

BUTTON BY NEATEBOX

- South Dublin County Council, Roads Department has installed the 'Button by Neatebox' touchless pedestrian crossing control system in two locations within the County.



Reduces anxiety for pedestrians

Benefits people who are blind or have mobility impairments

Comhairle Contae
Átha Cliath Thuais
South Dublin County Council

INCLUSIVE DOG PARKS

- Griffeen Valley dog park has accessibility for all visitors in mind to include benches, a viewing area, easy reach entry and exit points.



HOUSING ADAPTATION GRANT

- **Housing Adaptation Grant for People with a Disability Scheme**

The Housing Adaptation Grants Scheme for disabled people is available to assist in the carrying out of works that are necessary for the purposes of rendering a house more suitable for the accommodation of a disabled person who is a member of the household.

- **Mobility Aids Housing Grant Scheme**

The Mobility Aids Housing Grant Scheme is available to fast track grant aid to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing. This Scheme is also for the disabled person who is a member of the household.

- **Housing aid for Older People Scheme**

The scheme is available to assist older people (over 66 years of age) living in poor housing conditions to have essential repairs or improvements carried out such as re-wiring, re-roofing and the provision of central heating (where none exists).

- **Tenant Disabled Persons Grant**

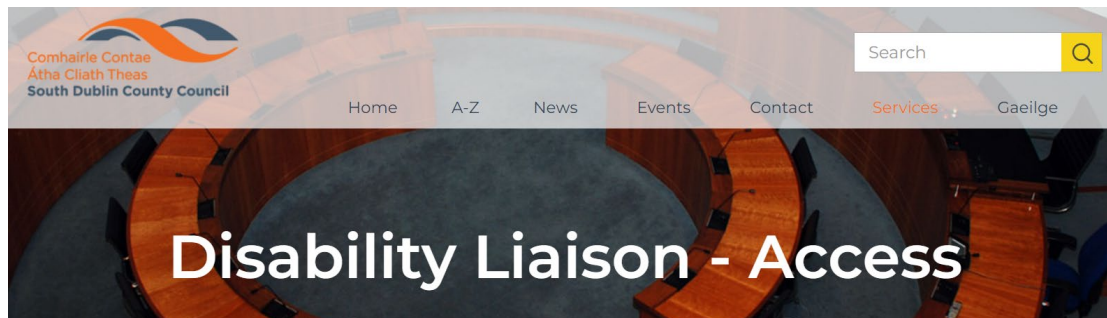
The scheme is available for Council tenants who require alterations to be carried out to their Council home to assist with their disability needs.

Advisory / Consultative Panel

- The South Dublin County Disability Advisory and Consultative Panel was established in January 2010. It is a joint initiative between South Dublin County Council (SDCC), and disabled people who live or work in the County.
- Our function is to advise SDCC on key issues that are relevant to the lives and interests of disabled people in the County; and to have both an advisory role and a consultative role (as appropriate) to developments in the County that are led by the Council.
- The Panel is voluntary and we meet monthly.

Membership of the Panel

- Individual disabled people who are residents of South Dublin County – also members of / active in:
- Chime.ie
- Lucan Disability Action Group
- National Council for the Blind of Ireland
- Cheeverstown House Ltd
- Stewarts Services
- South Dublin County Partnership Disability Interest Group
- National Advocacy Service for People with Disabilities - County Disability Advocates



Disability Liaison - Access

Disability Access

You can contact South Dublin County Council's Disability Liaison, Access and Equality Office to assist you to access council services through:

- arranging an Irish Sign Language Interpreter or other appropriate access support,
- liaising on your behalf with council staff,
- providing information in a format that is accessible to you.

You can also contact the office to assist you to report any access difficulties that you encounter when moving around the County.

Disability Liaison

In addition to supporting members of the public to access services provided by the Council, the Disability Liaison, Access and Equality Office, is also a resource provided within the Council to:

- support line managers to facilitate and accommodate the needs of disabled staff,
- directly make representation on behalf of disabled staff members, regarding their accommodation needs.

You can contact the Disability Liaison, Access and Equality Office through:

Corporate Performance and Change Management Department, County Hall, Tallaght, Dublin 24

Tel: (01) 414 9000

Email: info@sdublincoco.ie



South Dublin County Housing and Disability Steering Group held its first meeting on Thursday 12th December 2013 at County Hall Tallaght Dublin 24.

Theme:	Promoting the participation of disabled people in cultural life, recreation, leisure and sport in Ireland – UNCRPD Article 30
When:	Thursday 24 October 2024, 9:30am – 16.15pm
Where:	This will be a hybrid event with the physical venue at the Havelock Suite, Aviva Stadium, Dublin and online participation via Zoom also available
Cost:	Free of charge
Registration:	Register for online attendance or join a waiting list for in-person attendance

2024 Annual Conference

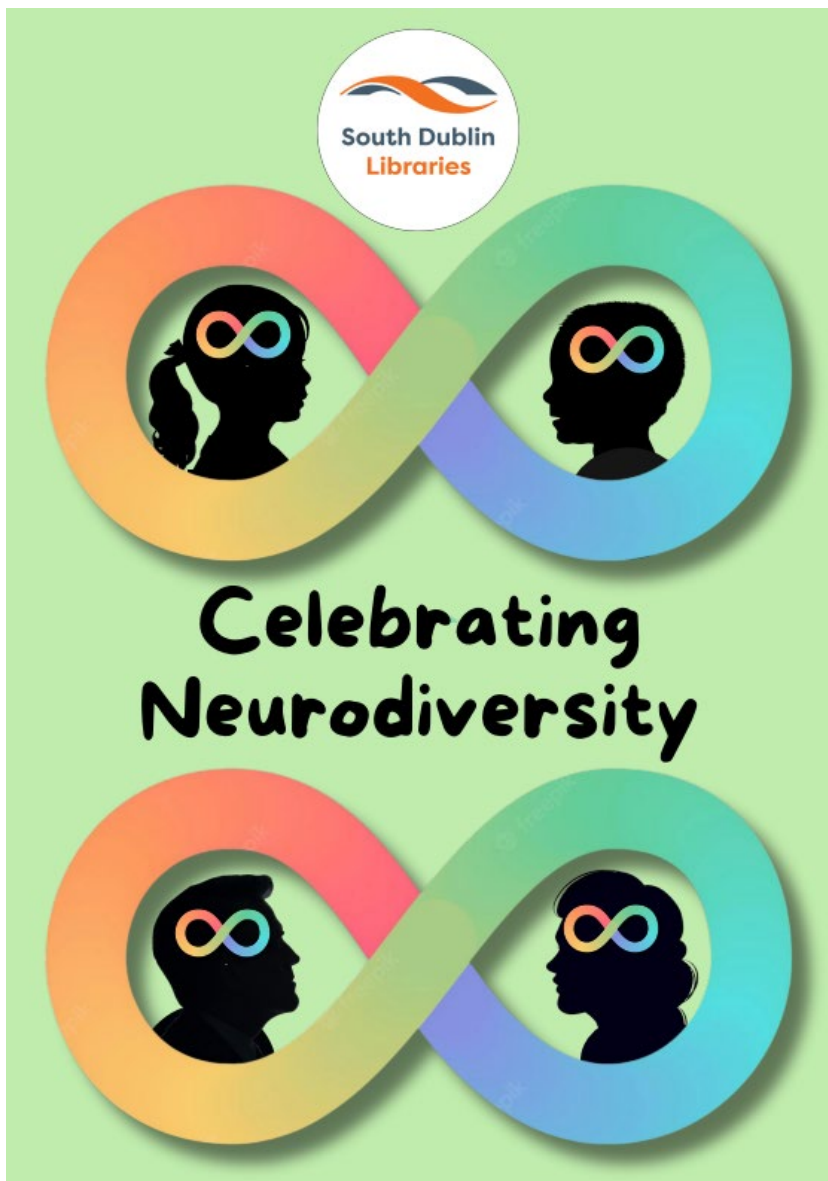


Make Way Day

Make Way Day is a campaign that brings disabled people and the wider community together to consider the needs of disabled people in the public spaces we all share.

As part of Make Way Day, each year South Dublin County Council calls on all road users to consider how we can play our part in improving road safety for ourselves and others by sharing their insights and images of every day obstacles using the hashtag #MakeWayDay.





Neurodiversity Events

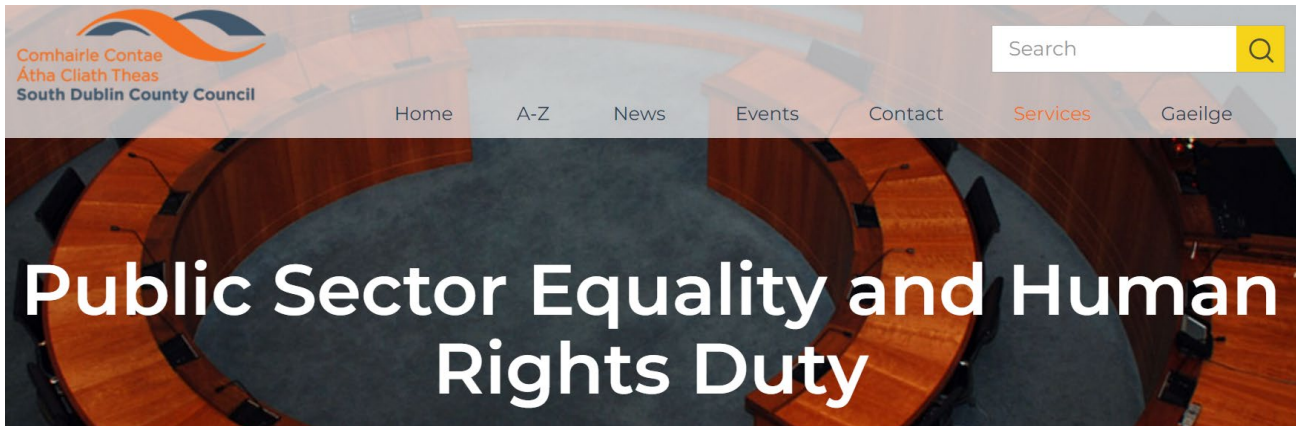
South Dublin Libraries is delighted to present a series of talks on the topic of Neurodiversity.



National Accessibility Week

Disabled people have a wide variety of accessibility requirements in order to be able to participate fully in our communities. Each year in November South Dublin County Council celebrates National Accessibility Week through an extensive programme of events to help provide examples of how these accessibility requirements can be met.

Public Sector Duty webpage



- SDCC marked UN Human Rights Day and launched the SDCC Public Sector Duty Equality and Human Rights Framework by holding a staff seminar in the council chamber, featuring Speakers Bernie Bradley, Dr Michael Seifu and SDCC's Cristina Hurson.
- South Dublin County Council recognises the need to eliminate discrimination, promote equality of opportunity, and protect the human rights of our Elected Members, customers and staff. We are committed to addressing these issues across all our functions and in the design and delivery of our services.
- This commitment is now underpinned by a legal obligation, the Public Sector Equality and Human Rights Duty, provided for in the Irish Human Rights and Equality Act 2014.



BUTTON BY NEATEBOX

- **South Dublin County Council, Roads Department has installed the ‘Button by Neatebox’ touchless pedestrian crossing control system in two locations within the County.**
- With Button you can use your mobile phone to virtually ‘press’ the pedestrian crossing button. It can be used to operate pedestrian crossings safely and confidently.
- This free App is available on IOS or Android and allows you to focus on your surroundings without having to stretch or search for the button.

ACTIVE SOUTH DUBLIN

- **What is Active South Dublin**
- The positive impact of regular participation in sport and physical activity is far reaching and cross cutting. This is why it is consistently referenced and prioritised across major government policies and strategies.



FETTERCAIRN HORSE PROJECT

- **Equine Assisted Learning**
 - The Fettercairn Youth Horse Project continues to work on advancing our involvement in Equine Assisted Learning and Equine Therapy in an effort to produce a Therapeutic Programme to present to potential users. Quite a number of groups with physical, sensory and / or intellectual disabilities attend at Fettercairn; these have included Dyspraxia Ireland and Cheeverstown House. Individuals also attend for private one to one sessions and typically these are children on the Autism Spectrum.
 - The Fettercairn Youth Horse Project has also facilitated researcher Dr Caren Hession in carrying out a series of research projects from September 2012 to the present (Oct/Nov 2015) into Equine Therapy.



Original Article

Therapeutic Horse Riding Improves Cognition, Mood Arousal, and Ambulation in Children with Dyspraxia

Caren E. Hession, BA,¹ Brian Eastwood, MSc,² David Watterson, BSc,³
Christine M. Lehané, BA,⁴ Nigel Oxley, DPhil,⁵ and Barbara A. Murphy, PhD⁶

Abstract

Objectives: The objectives of this study were to evaluate the effects of the physical motion of a horse (riding therapy) combined with the audiovisual perception of this motion on a group of children with dyspraxia in terms of cognition, mood arousal, and gait variability.

Design: The study design was a pretest/post-test.

Settings/location: The study was conducted at the Fettercairn Youth Horse Project, Fettercairn, Tallaght, Dublin.

Subjects: Forty (40) children ranging from 6 to 15 years of age with a primary diagnosis of dyspraxia were the study subjects.

Interventions: Children meeting inclusion criteria participated in six 30-minute horse-riding sessions and two 30-minute audiovisual screening sessions.

Outcome measures: A Standard Progressive Matrices test (also known as the Ravens test) was used to measure aspects of general intelligence. A Childhood Depression Inventory (CDI) questionnaire was used to assess cognitive, affective, and behavioral signs of depression. A GAITRite Pressure Mapping System analyzed foot function and gait variability by measuring single and double support, cycle time, cadence, toe in/out, and stride length.

Results: Significant improvements were evident on the Ravens test and the CDI by the end of the study period. The amount of both single and double support required while completing the walking task also was significantly reduced. Improvements were visible on toe in/out values, cycle time, and cadence. Changes in stride length did not reach statistical significance.

Conclusions: These findings support the theory that riding therapy and/or the perception of beat-based rhythms, as experienced by the rider on the horse, stimulates cognition, mood, and gait parameters. In addition, the data also pointed to the potential value of an audiovisual approach to equine therapy.

RESEARCH



Welcome to

South Dublin County Council

[Our Council](#)



[Our Plans](#)



[Our Performance](#)



[Our Budget](#)



Official city website



SDCC Playground



Share



SDCC PLAYSPACE