

Helping dogs

Everyone knows the answer to the question of who is man's best friend. And without hesitation, he will answer that these are the dogs. But except for pleasant company and a pet, they can and do play an important role in the daily life of people with disabilities. Depending on the owner's difficulty, the dogs perform different functions, with which they help him in the performance of various tasks, protect him and help him.

There are different types of assistance dogs around the world and the most common types are:

1. **Guiding dogs** - helping blind people who have low vision to move safely and confidently through their daily environment and be more independent. The most popular breeds for guiding dogs are German Shepherd Dogs, Labrador Retrievers, and Golden Retrievers
2. **Mobility Assistance Dogs** - dogs specially trained to help a person with a physical impairment that affects how well they can move around. They are trained to help their owner with taking his clothes off, opening and close doors and drawers, turning on and off the lights, picking different things from the floor without damaging them and of course walking beside a wheelchair. Breeds utilized for this type of service dog are German Shepherd Dogs, Labrador Retrievers, Golden Retrievers, Standard Poodles, Rottweilers, Doberman Pinschers, Newfoundlands
3. **Hearing Dogs** - alerts their deaf recipient to sounds they would otherwise miss. These range from important sounds like the doorbell, text messages and alarm clock to crucial danger signals such as the fire alarm or baby cry. The most common breeds for this task are Golden Retrievers, Labrador Retrievers, Poodles and Cocker Spaniels
4. **Autism Support Dogs** - dogs trained to assist autistic people to help them gain independence and the ability to perform common daily activities. Golden Retrievers, Labradoodle, Samoyed, and San Bernards are typical assistants.
5. **Seizure Response Dogs** - dogs that can sense and notify their human companions of an oncoming seizure. Border collies, Goldendoodle, Golden Labrador, and Newfoundland are popular breeds for the task
6. **Psychiatric Service Dogs** - trained to assist its handler (owner) who has been diagnosed with a mental health condition such as post-traumatic stress disorder (PTSD), schizophrenia, depression, anxiety, or bipolar disorder. The suitable breeds are Havanese, Labrador, German Shepherd, Poodle, Doberman
7. **Allergy Detection Dogs** - they are trained to alert their owner about life-threatening allergies around. Bichon Frise and Labradoodle
8. **Diabetic Alert Dogs** - alert their handler to dangerous blood sugar highs and lows. Golden retrievers and Labradors are common breeds here.

In general, in Europe, Service Dogs and their owners are allowed access to all public places including restaurants, hotels, public transportation, banks, theaters, pubs, and libraries. Of course, it depends on the country, because each of the EU countries has different laws and regulations related to the use of service dogs and their permitted access. But the countries' national legislations generally reflect the requirements of the European Parliament regarding travel with such types of animals.

The main requirements are:

1. The dog must have an ISO microchip
2. To be vaccinated against rabies
3. To have a European travel certificate
4. To have blood tests done
5. To be treated for ticks, fleas, and worms

You can find more information about the requirements in EU countries related to assistance dogs at:

<https://www.servicedogcertifications.org/guide-for-traveling-with-a-service-dog-in-europe/>

<https://perrosguia.once.es>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6115927/>

<https://www.servicedogtrainingschool.org/service-dog-legalities#eu>

<https://www.guidedogs.org.uk/getting-support/information-and-advice/travelling-with-your-assistance-dog/regulations-that-support-international-travel/>

In addition:

Read the following real story of Luca and Bono of what is to live with a helping dog every day.

TYPICAL DAY WITH BONO

“First thing in the morning I take Bono out for a morning walk, and he helps me with opening and closing the doors. Then he gets his breakfast. After that, if we have some workshops to do he of course goes with me. Normally at the end of the workshops, students don't have questions but rather can't wait to go and pet him. So around there we get home for lunch. After which we usually go to the park, where

Bono can play with other dogs, and then to the market. Then we get home, if there is any work to do, we do that. If not we play some board games or cards and by then Bono can't wait for his dinner. After his dinner, we wait for around an hour or two, for his stomach to stop digesting. So around 8 pm, we go out for the last time, so he can do his thing, and that's that for the day. The only thing left is a lot of snoring and strange sounds during the night. Of course, a day wouldn't go by without me dropping some stuff and he picking it up for me.

And the most important thing, a day wouldn't go by without our hugs and kisses and goofing around.”

Other resources about helping dogs:

<https://www.healthdirect.gov.au/assistance-dogs>

<https://www.ai-media.tv/ai-media-blog/8-types-of-assistance-dogs/>

<https://www.healthdirect.gov.au/guide-dogs>

<https://medicalmutts.org/our-service-dogs/mobility-service-dogs/>

<https://www.akc.org/expert-advice/news/mobility-service-dogs/>

<https://www.akc.org/expert-advice/training/hearing-dogs/>

<https://www.hearingdogs.org.uk/start>

<https://anythingpawsable.com/hearing-dogs-deaf-introduction-overview-training/>

<https://www.4pawsforability.org/autism-assistance-dog/>

<https://www.epilepsy.com/stories/seizure-alert-dogs-just-facts-hold-media-hype>

<https://www.frontiersin.org/articles/10.3389/fvets.2019.00166/full>

<https://www.webmd.com/anxiety-panic/what-are-psychiatric-service-dogs>

<https://anythingpawsable.com/allergen-alert-dogs-for-life-threatening-allergies/>

<https://diatribe.org/diabetes-ruff-diving-world-diabetes-service-dogs>