

How the Ioannina Therapeutic Riding Center, Greece had been through with COVID-19 issues

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Epirus- Ioannina



Country Greece

Decentralized Administration: Epirus and Western Macedonia

Capital Ioannina

Regional units

Arta

Ioannina

Preveza

Thesprotia

Area

- Total 9,203.22 km² (3,553.38 sq mi)

Population (2011)[1]

- Total 336,856

- Density 37/km² (95/sq mi)

Demonym(s) Epirote

Time zone UTC+2 (EET)

- Summer (DST) UTC+3 (EEST)

The first case of Covid-19 in Greece was confirmed on 26th of February 2020

10th of March - 89 confirmed cases and no deaths in the country

government decided to suspend the operation of educational institutions of all levels nationwide

13th of March - close cafes, bars, museums, shopping centers, sports facilities and restaurants in the country.

22nd of March - restrictions on all non-essential movement throughout the country, starting from 6 a.m. on 23rd March.

Movement outside the house permitted for reasons:

- i) moving to or from one's workplace during work hours,
- ii) going to the pharmacy or visiting a doctor
- iii) going to a food store
- iv) going to the bank for services not possible online,
- v) assisting a person in need of help
- vi) going to a major ritual (funeral, marriage, baptism) or movement, for divorced parents, which is essential for contact with their children, and vii) moving outdoors for exercising or taking one's pet out, individually or in pairs.

Citizens leaving their homes are required to carry their police ID or passport, as well as a signed attestation in which the purpose or category of travel is stated.

30th of May 2021 - 400395 confirmed cases and
12,024 deaths

Since the opening of the Greek borders to tourists at the end of June 2020, the daily number of confirmed cases announced has included those detected following tests at the country's entry points.

3 Lockdown periods

First	Second	Third
<p data-bbox="53 265 626 301">11th of March- 31st of May 2020</p> <p data-bbox="53 576 415 612">Universal Lockdown</p>	<p data-bbox="687 265 1615 479">7th of November- Kindergartens, primary schools and special schools initially remained open, unlike the first lockdown in March, while middle and high schools switched to distance learning</p> <p data-bbox="687 534 1658 655">14th of November 2020- primary schools and kindergartens closed, initially for two weeks</p> <p data-bbox="687 709 1582 791">18th of November 2020 they switched to distance learning</p> <p data-bbox="687 845 1658 1012">14th of December 2020 shops (utilizing the click away method) as well as hairdressers and other facilities were allowed to open, while schools and restaurants remained closed</p> <p data-bbox="687 1066 1658 1233">2nd of January 2021, starting from the next day, all the above measures were continued until 18th of January, citing the opening of schools as reason for these measures</p>	<p data-bbox="1714 312 2512 655">12th of February 2021 Athens was again placed in lockdown with the closure of lower schools (high schools had already been closed since early November) and retail outlets, but virus cases continued their rapid growth reaching 3,215 on March 9. Local lockdowns were imposed in more and more local districts.</p> <p data-bbox="1714 709 2512 1012">4th of March, new measures were taken, including placing all Greece in the highest level of measures. Approximately half of the prefectures were in the deep red level (full closure of all schools and retail outlets), and on March 12 all schools were closed for two weeks. (Except special schools)</p> <p data-bbox="1714 1066 2410 1188">By mid May 2021 measures eased and Greece, including islands, opened for tourists from several countries.¹</p>
<p data-bbox="53 1308 652 1408">Ioannina Therapeuting Riding Center was closed</p>	<p data-bbox="687 1308 868 1343">opened</p>	<p data-bbox="1714 1308 1895 1343">opened</p>

Three lockdown periods

State financial support

Ioannina Therapeutic Riding Center

First	Second	Third
<ul style="list-style-type: none">• 700 € per each employee• Exemption from insurance contributions• 40% exemption of rents	<p>Entered in quarantine for 15 days in November</p> <p>Proportional assistance as in first period</p>	<p>Worked all time</p>
<p>closed</p>	<p>Opened (2 weeks in quarantine due to a close patient contact)</p>	<p>opened</p>



First period, 11th of March – 31st of May 2020

Children with disabilities, faced at home during the confinement period a change in their daily routine.

First period, 11th of March – 31st of May 2020

Parents had to implement a new routine program for their children, while at the same time, they had to deal with and manage the stress and the various emotions of their children due to this change.

First period, 11th of March – 31st of May 2020

The effects on the psychosynthesis of children with disabilities were many, as they experienced exclusion. Children, therefore, remained stagnant, while in some cases their condition may have been worsen.

2nd and 3rd period of Lockdown

The Greek State considered seriously the ructions of parents of children with disabilities. So, they left open all special educational and therapeutic structures involving children with disabilities with the appropriate precautions.



An approach after the first lockdown period

Our aim was to provide an environment that distracts from the Covid-19 issues, so that it could build personal satisfaction and strength, release the mind and teach self-care.



An approach after the first lockdown period

Overcome the mental disorders caused by Covid-19 aiming to build physical and mental health as well as interpersonal relationships .



Thank you

Ioannina Therapeutic Riding Center, Greece

