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**CARE-T-FARMS**  
**Care Activities Raising Employment and Training on Farm Adaptation to  
Responsible and Mental-health Services**

**Care Farming State-of-the-Art  
National Report**

**Turkey**





## Introduction

### A. Theoretical background of care farming in TURKEY

**Social farming** is the practice of offering activity on family farms as a form of social support service. In social farming the farm remains a working farm at its core but invites people to participate in the day to day activities of the farm. Farmers have the opportunity to augment their income through the development of social service provision, further utilising their farming skills and farm. The person that uses services has the additional choice of selecting a working farm as their day service support and having the opportunity to engage with farming activities whether working with animals or plants. Farming also provides the concurrent opportunity to engage in physical outdoor activity and to be involved in meaningful activities in a family environment. Social Care providers have the opportunity to partner with farmers to provide further choice for the people that use their services in the development of their person centred plans.

There are currently dozens of organizations involved in social farming in the **Turkey**. From the point of view of the agricultural component of social farming, there is a clear distinction between entities that were originally agricultural and only later included the offer of social activities, and entities, where the opposite procedure was the case, i.e. agricultural activities complemented the portfolio of social services and educational programs.

#### Social Farming in Turkey

This is reflected especially in the structure of agricultural activities and their scope. A more common model of past practice is to merge agricultural activities with social and educational - agricultural activities as a form of therapy, a means of pedagogical development or as a tool for social business. Agriculture then serves as a complementary activity whose economic outcome is usually secondary. Some of the organizations carrying out social farming have begun to develop the agricultural and social sphere at the same time, so their economic distribution of income is more balanced. The opposite approach, i.e. in the beginning, starting with an agricultural enterprise that developed also into the social sphere, occurred in the minority of cases, which is to a certain extent caused by the overall orientation of agriculture on the intensive fulfilment of the production function and inhibition of other possible functions. The original focus of the entity is to a certain extent evident also from the acreage of farmed land where the sites originally functioning as agricultural farms usually require significantly larger areas to ensure economic sustainability. With entities that were first involved in agriculture, in some cases hundreds to thousands of hectares are required, while in the case of organizations primarily focused on social activities, the acreage of agricultural land is in most cases up to tens of hectares.





The scale of agricultural land plays a small role in the system of social farming, or more precisely, it helps define the main focus and sources of the entity's income. Large businesses feed mainly on agriculture in Turkey, and social activities are a complementary activity for them, and are usually implemented only in some segments of the operation. With entities primarily focused on the social sphere, on the contrary, the agricultural part is usually smaller in scale, complementary in terms of income, and entirely or almost entirely subordinate and adjusted to clients and their needs. Even in terms of the structure of agricultural production, the original focus of the entity is evident. As far as plant production is concerned, in cases where agriculture is the main activity and source of income, the emphasis on standard field production with the inclusion of large-scale crops and generally larger acreage of arable land as well as permanent grasslands is evident. Within these types of agricultural operations the potential for involvement of social farming clients is rather marginal – as the limiting element remains e.g. the need for mechanization for field production and thus the limitation of the possibilities of involvement of clients. On the contrary to large-scale mechanised operations, social farming clients have proved to apply themselves very well in the cultivation of fruit, vegetables, herbs and other crops, especially where this activity is carried out on smaller areas and requires manual labour, and it is possible to involve them in the whole cycle of growing crops. In the observed sample, especially with entities where the agricultural activities are a complementary activity, an attempt to adjust the selection of cultivated crops to the needs and capacities of clients and the possibility to consume harvested production on-site, is evident, while its development further towards market-oriented production is still rarely realized. However, many organizations include marketing and food processing in their future goals. In addition to food production, the cultivation of feed crops is also common, in connection with livestock production. Also, the structure and extent of livestock production are, as with crop production, influenced by the original focus of the entity. Large-scale production capacity has been observed only in the enterprises originally involved with agricultural activity. The processing of products and the production of e.g. cheese, dried apples, ciders, etc. are very important also from the point of view of the motivation of clients, for whom it is beneficial to see the finished product of their activity. Some clients are involved in the direct sale of products in farm shops or in the farmers' markets.

The majority of farms implementing social farming also focus on other non-productive activities linked to agricultural activity and the farm, in particular landscape care, agrotourism and cultural and social events (e.g. harvest festivals, programs for families with children, etc.). *Within the agricultural component of social farming, clients are involved in almost all activities, but always depending on specific factors (e.g. target group of clients, extent and expertise of agricultural activity in Turkey.*





## B. Turkey 's experience in the field of social farms

Turkey is not a very experienced countries in the field of **social farming**. People who have lived in big cities (İstanbul, Ankara, İzmir, Bursa...etc) in recent years are in such attempts to deal with the farming especially in the longing for nature, to make small scale farming, and to be rehabilitated. However, the most important social farming activities are the animal therapy events that are applied to the treatment disabilities: The idea of **social farming activities** has been developing in **Turkey** in recent years. Social farming includes a broad range of different practices that combine agriculture with professional social services. This includes initiatives of private entities or charities, cooperatives or non-governmental organizations (NGO) in addition to agriculturalists. Following the European Economic and Social Committee opinion for defining social agriculture, four types of social farms can be identified depending on the target group and diversified purposes:

- care farms providing care services,
- therapy farms undertaking therapeutic and re-educational activities,
- inclusive/social farms concerned about social and employment inclusion,
- educational/didactic farms undertaking pedagogical activities.

Summary information on particular types of social farms is extended in case studies descriptions, where the selected experiences and implementations of social farming are presented. This introduction shows the potential for social farming concerning the demographic situation and actual social care system whilst presenting the agricultural sector and trends in rural entrepreneurship development.

The vast majority of Turkish do not know yet enough about the concept of social farming. The fact that educated people who want to get rid of the pressures of big cities are involved in such activities in rural areas is an important model of entrepreneurship in social farming in **Turkey rurals**. From the point of view of involvement of social farming clients in Turkey, breeding of small animals (sheep, goats, rabbits, poultry) or bee keeping appears to be optimal. However, their involvement is also possible in the breeding of cattle, goats or horses. When working with animals, the therapeutic effect is noticeable. Areas of permanent grassland (meadows and pastures) are usually linked to livestock production. From the point of view of social farming, the processing of products grown on-site is a very important component, and is in most cases carried out for personal consumption. Milk, vegetables, fruits, and in some cases honey or meat are the most common products. Care farms, where all or part of the farm is used for **therapeutic purposes**, show much potential for improving the health and **well-being** of a range of **disadvantaged** groups. Studies to date have been qualitative or observational, with limited empirical evidence of the effectiveness of care farms in improving health and well-being. Understanding the underlying mechanisms that lead to improvements for different disadvantaged groups is a further gap in the evidence. Participants in this study are offenders serving community orders. Their low socioeconomic status and poor health outcomes relative to the general population exemplifies disadvantage.





In this context, in Turkey it was needed to develop new and high quality treatment forms for the handicapped for a long time in Turkey. For this reason, interest in treatment has increased in recent years, especially with horses, and hippotherapy has become popular. Today, there are many hippotherapy centers in Turkey with a large number of hippodromes. There are also special therapy centers used by dogs and dolphins.



Pic 1. Göllü riding center

### C . Case studies of Turkey: Care farm experiences in TURKEY

The social farming is the most important social events in Turkey for treatment of disabled and the disabled mainly benefit from the services provided by the municipalities, universities, private education center and the hippodromes. These centres, offer the following services for example;

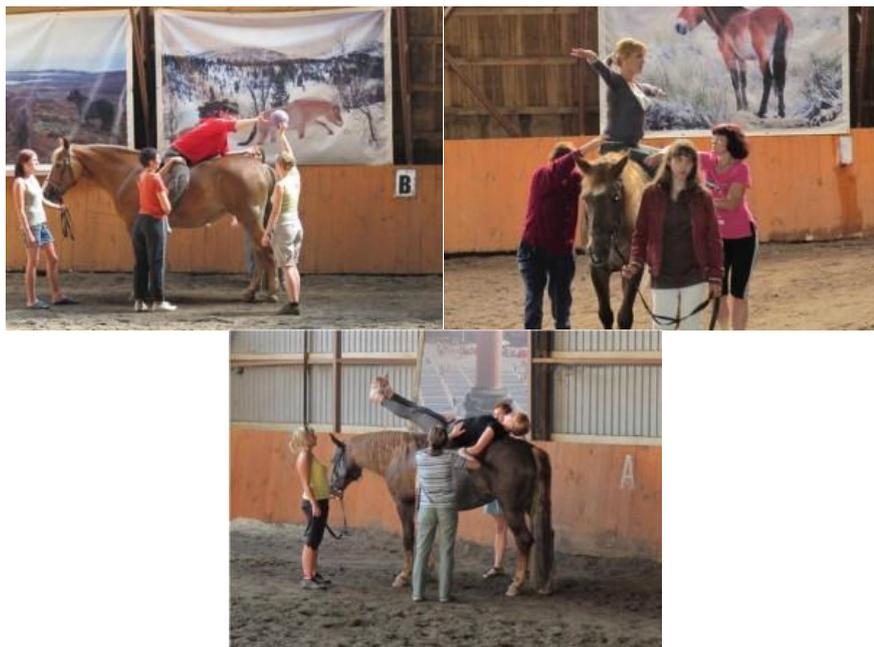
- **Therapeutic Equestrian:** The rhythmic movements that take place in the body as the horse rides are like the same human gait, which is usually preferred from the social point of view because it is a recreational activity as well as beneficial to patients with problems such as flexibility, balance and muscle strength loss.
- **Therapeutic Riding:** Physical, mental, sensory and emotional is a sport and treatment method that is useful in groups with impairment and becomes very common in recent years. The patient's own wheelchair or a special designed car with a disabled hand, horse or pony is adhering to the driving education.
- **Therapeutic Vaulting:** is a more dynamic form of therapy, based on equilibrium on the horse ADD / ADHD, anxiety and fear, is the most common form of anxiety disorder disorders, eating disorders and treatment of mild physical disorders.





Pic 2. Göllü AAT center

On the other hand, **State Agricultural Farms "Hippotherapy services"** are offered to the treatment of disabilities in the framework of Hippotherapy applications for civil society organizations and special education Institutions as well (1-3).



Pic 3. Turkey's Jockey Club's Therapy training with horses

**Turkey's Jockey Club's** social responsibility projects, **Therapy training with horses** ; Istanbul Veliefendi Hipodromu operates at Apranti Training Center and Diyarbakir Hippodrome at Atla Therapy Centers free of charge with specially trained horses. <http://www.tjkatlaterapi.com/> (2).





Pic 4. Dolphin Therapy Process and program in Antalya



### Dolphin Therapy Process and program in Antalya

Families come to Antalya for two weeks to attend therapy sessions. They stay in hotels in Belek area close to the Dolphin Therapy Land. In order to attend a 10-day **dolphin therapy** families come for two weeks. (There are 5-day **dolphin therapy** programs available as well. In order to join this program families come for seven days).

Therapy takes place in the pool which looks like a lagoon. The child and therapist get into the water slowly and patients immediately into the deep water. It helps the patients to adjust better if they are taken into the water gradually. The center has eight specially trained bottlenose dolphins, five of them are used specifically for therapy.





Pic 5. Therapy in Istanbul Dolphinarium

According to the **dolphin therapy program**, a patient swims with dolphins for half an hour each day. After the **dolphin therapy** an especially developed program for your child continues with participation of your personal dolphin therapist which lasts for 30-60 minutes. (Ergotherapy, fun swimming, group games, etc.) A strong bond is built between a therapist and a patient in the course of activities. Thanks to the bond further therapy becomes more beneficial.

There is an especially designated place just for the family of the child undergoing a therapy for meetings and to watch the therapy sessions. The goals of the Dolphin Therapy Land are: to draw attention to the patient's needs, find solutions for the problems, promote awareness, give confidence and sustainable treatment to the patient and his/her family.

**Istanbul Dolphinarium**, being the largest indoor dolphinarium in Europe, has opened its doors to public at the end of 2008. Istanbul Dolphinarium is a joint project between Turkish Republic and Russian Federation and takes an important role in improving cultural and social relations between the two countries.. **Istanbul Dolphinarium complex** was built on the area of 8.695 m<sup>2</sup> out of which 5.800 m<sup>2</sup> is an indoor space. The pool system filled with sea water and consisting of 7 interconnected pools has volume of 3.100 m<sup>3</sup> in total. The main show pool has radius of 16,5 m and depts of 5 m. The show amphitheatre has 950 seats including 64-seat VIP tribune (4-5-6)

#### D. Description of the legal system and description of institutions operating in the field of social farms in Turkey

These applications are carried out under the supervision of the “**TRADE AND COMPLETE MEDICAL APPLICATIONS REGULATION**”. The purpose of this Regulation is to determine the traditional and complementary methods of medical practice for human health, to educate and empower the people who will apply these methods and to organize the working procedures and principles of the health institutions to implement these methods. Today many institutions and especially universities have established therapy centers based of the trade and complete medical applications regulation.





**ARTICLE 1. The purpose of this Regulation** is; For the purpose of the Horse, Horse Riding and Equestrian Sports Practice and Research Center established in various universities, municipalities and training centers, it is necessary to organize the procedures and principles regarding the fields of activity, the governing bodies, the duties of the governing bodies and the working method.

**ARTICLE 2.** This Regulation shall be amended as follows: Inonu University Horse, Horse Training and Equestrian Sports Practice and for the purpose of the Research Center, its fields of activity, management bodies and management the provisions relating to the duties of the organs.

**ARTICLE 3.** This Regulation has been prepared on the basis of the subsection (2) and Article 14 of the first paragraph (d) of the Article 7 of the Higher Education Law dated 4/11/1981 and numbered 2547.

### Definitions

**ARTICLE 4.** In this Regulation;

a) Horse: One-toed pets, including stallions, mare, spines, male and female stools from different races used in sports, riding, loading, transportation and similar services of Atgiller (Equidae)

b) Equestrian: From different races used for different purposes such as sports, riding, the production of horses, the training of rational care and feeding principles, morphological and physiological characteristics of the breeding, genotypical improvement of yields,

c) Equestrian sports: Two creatures, both horse and rider, running, horse riding and traditional equestrian sports,

ç) Equestrian: Olympic dances, horse riding, jumping, three day competition and Olympic

Horseback riding, horseback riding, horseback riding, horseback riding, horseback riding, horseback riding,

d) Advisory Board: The Center Advisory Board,

e) Traditional equestrian sports: equestrian sports such as javelin, lapis lazuli, cranberries, crawling, which are part of our culture,

f) Muscle diseases, Down syndrome, multiple sclerosis, developmental disorders, physiotherapist and psychologist with many human diseases such as head trauma, cerebral palsy, cerebral haemorrhage, autism, emotional disorders, visual defects, learning and speech disorders, hearing and balance disorders and intelligence retention, surveillance and control, the alternative and complementary treatment method supported by horse training specialists.





## E. Care farm services (performed or planned) and beneficiaries and requested services and typologies of workers involving

Animal assisted Therapy; it is for people with autism, MS, Down Syndrome, stroke, learning disorders, hearing and vision impairments, and psychological disorders. Social farming more requested services and typologies of workers involved. Among the main social farming stakeholders, one would find various types of organisations, institutions and legal entities which apply social farming procedures and rules to specific persons from target groups. The main stakeholders include:

- Farmer,
- Social worker performing social work,
- Registered social service provider,
- Social enterprise
- Non-governmental non-profit organisations
- Local self-governance (municipalities and regions)

## f. Balance of Competences and Training Needs Analysis

The evolution of social farming in Turkey has paralleled the emergence of the social model of disability and is strongly rooted in the community and voluntary sectors. In 2005, just around 10 private social farms were recorded in the first survey. In 2017, hundreds of pilot farms were operating in the mediterranean Aegean and Black Sea regions. By January 2018, Turkey's social farming has established hundreds of social farms in the county. However, a significant part of them are for therapeutic and recreational purposes. Although the need analysis will be done with a detailed questionnaire, today there are doubts that especially those working in animal therapy centers are adequately trained in this area. There are problems in the dissemination of trained animals for economic rehabilitation of the disabled and in economic implementations. Employees working in these centers must have an associate degree or a graduate degree.

### References:

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