M.D. Dogs
Workbook

A guide to self-training your own Diabetic Alert Dog

By Libby Rockaway

Contents

About this Workbook 4
About the Author 5
Introduction 6
Scent Samples 9
How To Make Scent Tins 11
How To Build The Scent Wheel 12
Daily Training Schedule 13
Training - Week 1 14
Training - Week 2 15
Training - Week 3 16
Training - Week 4 17
Choosing Your Dog 18
Ideal Puppy Traits 22
Puppy Temperament Test 23
Temperament Test Exercises 24
Adult Temperament Test 31
Scent Training Steps 1-14 33
Pointers 63
Scent Games 66
Socialization & Public Access 69
Socialization vs Public Access Training 70
Socialization and Public Access Schedule 73
Stress Signals 74
Public Access Guidelines 77
Public Access Test 80
Flying with your Service Dog 87
Going to School with Your Service Dog 90
Going to Work with Your Service Dog 93
When to Consider Your Dog
a Fully Trained DAD 94
When To Wash Out A Diabetic Alert
Dog In Training 95
Resources 98
Financial Estimate 99
United States Service Dog Laws 100
Records 101
Exposure List 102

M.D. Dogs Workbook - A guide to self-training your own Diabetic Alert Dog, by Libby Rockaway

Copyright © 2018

All Rights Reserved. Reproduction for personal use only on home printer. All other application permissions must be granted in writing by contacting author at:

MDDogsInc@gmail.com

Thank you to Mr. William Levy for consistent encouragement and mentorship, whose support made M.D. Dogs become a reality.

M.D. Dogs
Medical Detection

M.D. Dogs is created and supported solely through donations. If you find M.D. Dogs resources beneficial, please consider donating at www.MDdogs.org to allow us to continue providing resources and further the field of medical detection dogs.

About this Workbook

The M.D. Dogs workbook and video series contain instructions for how to train a Diabetic Alert Dog (DAD). The primary purpose of these resources is to teach type 1 diabetics or their caretakers to train their own DADs. An additional goal is to bring transparency to the field of DADs. While the M.D. Dogs method is not the only way to train a DAD, my hope is that it will give everyone a better understanding of how and why DADs work, and aid in removing the mystery surrounding them.

This workbook is intended to accompany the M.D. Dogs video series as well as *Puppy Steps: Practical training for your new best friend*. Some material will be repeated, but to understand the training fully it is suggested that you utilize all three materials. It is also suggested that you use the logs in this workbook to document all the training you do with your dog in case documentation is needed to prove your dog is a service dog.

It is intended that you print this workbook on one sided 8.5” x 11” paper and insert into a 3 ring binder. I recommend printing multiple pages of the record logs and puppy temperament tests so that you can keep track of all the data necessary.

About the Author

Libby Rockaway has trained over 50 Comfort Retriever Puppies for clients throughout the U.S., Brazil and Dubai. She wrote down her training methods, which eventually became her book, ***Puppy Steps: Practical Training for Your New Best Friend***. ***Puppy Steps*** is a straightforward guide to raising a well behaved puppy and is the basis of all her training, including Diabetic Alert Dogs. Through her business, Libby's Loving Leashes, Libby places fully trained Diabetic Alert Dogs with children with type 1 diabetes.

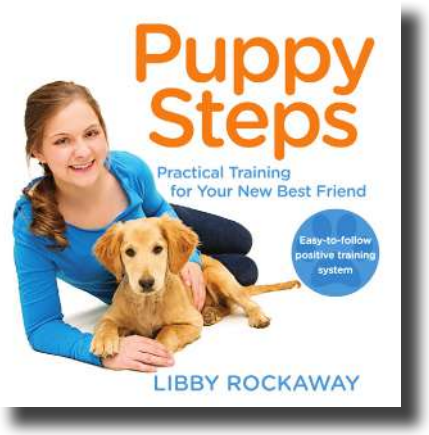
Libby is a member of the *Association of Professional Dog Trainers* and the *International Association of Canine Professionals*. Over the years she has attended numerous conferences on Diabetic Alert Dog training, canine cognition, working dogs, and diabetes. As a student at the University of Pennsylvania, Libby had the opportunity to perform research on the effects of training methods on puppies' behaviors. This pilot study resulted in fascinating results that gave her the opportunity to present her research at the University of Pennsylvania and the PennVet Working Dog Conference.

While Libby enjoys training Diabetic Alert Dogs, she is primarily passionate about helping those with type 1 diabetes. In the past few years several families have sought out Libby for help in training their own dogs. These requests, combined with the realization that families are capable of training their own Diabetic Alert Dogs, led Libby to found a nonprofit organization, MD Dogs, in 2017 to provide resources for training Medical Detection Dogs, specifically Diabetic Alert Dogs.

Libby's goal for MD Dogs is to teach those with type 1 diabetes to train their own Diabetic Alert Dogs until there is a cure for type 1.

M.D. Dogs
Medical Detection

Introduction



Prior to beginning training, please read through this workbook in its entirety, create a training plan, and purchase ***Puppy Steps by Libby Rockaway*** (can be found on Amazon) in order to start your dog off on the right paw!

Female pronouns are used to refer to the dog in all instructions. DADs can be either males or females and there are no results showing that one gender is more successful than the other. The use of a female pronoun is solely to avoid extraneous words.

If you will be training a puppy, you may begin both scent and obedience training as young as 8 weeks of age. (A puppy should not be separated from its siblings prior to 8 weeks). Scent training and obedience training are intended to be taught simultaneously. You can alternate between scent and obedience training within one training session or you can alternate entire training sessions dedicated to scent work or obedience.

Initially, training sessions should be under 5 minutes, a few times each day. As your puppy grows, you can increase the duration of sessions.

If you are training an adult dog and intend to train her for public access, have a local service dog trainer evaluate your dog first to determine if she has the potential to become a service dog. If the trainer agrees that your dog is a good service dog candidate, you can begin training. You can always train in very short sessions as you would with a puppy, but adults have longer attention spans so you can also work for a little longer if you'd like. Watch your dog's body language and success rate. As she begins to get tired or unsuccessful, end the session.

Before doing any scent training, always check your blood sugar and ensure you are in range unless specifically trying to practice a live blood sugar alert.

DAD training requires precision and intentionality. This means that when you mark and reward (see Puppy Steps for definition), it needs to be at the exact right time. Additionally, ensure that all your verbal commands and hand motions are intentional.

When you give a command, say "Name, Command". For example, "Filly, Sit". Do not

M.D. Dogs
Medical Detection

say “Sit, siiiiit, Sit!”. Hand signals and gestures should be crisp as well. If you’d like to use hand signals in addition to verbal commands (which I recommend as sometimes in public you will not want to verbally tell your dog to lie down, sit, stay, etc.), decide on what the hand signal will be, then make sure every time you practice with your dog you use the same exact signal.

Dogs are excellent at reading our body language. This can cause an issue in training because we need DADs to act independently. If each time we play a scent game I stare at the correct container, my dog will find the low sample every time, but it will be due to me staring at it rather than her detecting the scent. Because of this, she may never live alert. To prevent this, frequently video your training sessions so that you can see your own mannerisms. Look for behaviors that could be cuing your dog to perform a certain way or could confuse your dog. Then consciously avoid those behaviors in the future.

Not every dog is capable of being a service dog. It is estimated that only 1 in 4 or even as low as 1 in 8 dogs successfully complete their training as service dogs. If at any point you are unsure whether your dog is able to be a Diabetic Alert Dog, talk to a local service dog trainer and allow them to objectively evaluate your dog.

Training a DAD takes time and patience. Do not rush the process, but practice frequently. With persistence and consistency, your dog can be alerting to your out of range blood sugars within a few weeks to a few months and will help keep you safe and healthy for years to come.

I wish you the best!

Libby Rockaway

M.D. Dogs
Medical Detection

The items with an asterisk indicate the items that should be purchased prior to any training. The supplies for scent samples are enough to make 10 samples, which is the suggested minimum before beginning training.

ITEM	*Suggested Source:*
☐ *Scent samples	See the Instructions in workbook
☐ 10 Dental rolls or gauze	Amazon or pharmacy
☐ 10 2.5 dram polystyrene vials or 10 pill bags	SKS Bottle & Packaging or pharmacy
☐ 1 unused glass canning jar	Amazon
☐ Scent wheel	See Page 11
☐ 18” wood	Hardware Store
☐ Lazy susan	Hardware Store
☐ 2” threaded pvc cap	Hardware Store
☐ 2” pvc snap in drain	Hardware Store
☐ Wood screws	Hardware Store
☐ *½ Ounce metal tins	Amazon
☐ *Low value treats (e.g. dog food)	Pet store
☐ *Medium value treats (e.g. Zuke’s)	Pet store
☐ *High value treats (eg meat/cheese)	Grocery store
☐ Service dog vest	ActiveDogs.com
☐ *Kennel (plastic or wire)	Pet store
☐ *Toys	Pet store
☐ Place (blanket or mat)	Walmart
☐ *6 foot flat leash	Pet store
☐ *Buckle collar	Pet store
☐ Clicker (optional)	Pet store
☐ Dog cot (optional)	Kuranda.com

M.D. Dogs
Medical Detection

SCENT SAMPLES

MATERIALS

- ☐ Dental rolls or 2x2 gauze pads
- ☐ Pill bag or polystyrene container
- ☐ Glass canning jar

WHAT SAMPLES TO CREATE

Create a saliva sample when your blood sugar is in the range you would like your dog to alert at (e.g. 80mg/dl and below). At first create only low blood sugar samples. Focus on creating samples within 10 mg/dl of the alerting threshold (e.g. If the alerting threshold is 80mg/dl, focus on creating samples between 70-80mg/dl). However, also create lower samples because if the air currents do not allow for your dog to smell your blood sugar near the alerting threshold, you still want the dog to alert. By only training levels of 70-80mg/dl, you risk your dog not understanding she should alert to a 40mg/dl. As you progress you will need to begin creating samples when you have high blood sugar and when you are in range as well. After Step 10, begin to create these samples in order to be prepared for future steps.

WHEN TO CREATE A SAMPLE

Only create a sample if you are able to put the sample in your freezer within 5 minutes of creation and if you are in a safe range. Do not create a sample if there has been any food or drink in your mouth within the past 30 minutes, including gum.

HOW TO CREATE A SAMPLE

STEP 1: When your blood sugar is in a range that you need a sample of, place a dental roll or 2x2 gauze pad directly in your mouth, without touching it (unless you are wearing gloves). You can use the packaging to drop the cotton in your mouth.

STEP 2: Completely saturate the cotton with your saliva, moving it around your mouth.

STEP 3: Without touching the cotton, spit it into a pill baggie or polystyrene container, then close it tightly.

STEP 4: Use a permanent marker to write the date and glucose at the time of the sample's creation directly on the bag or container.

M.D. Dogs Medical Detection

STEP 5: Place the bag or container into a glass canning jar and screw the lid on tightly before placing it in the freezer.

HOW TO USE SAMPLES

Allow the sample to thaw for a few minutes before presenting it to the dog during a training session. The dogs can smell the sample when frozen, but it is more difficult for them so at the beginning of training let it thaw for 3 minutes.

HOW TO STORE SAMPLES

Always keep the samples in their containers in the freezer unless being used for a training session. After 3 months in the freezer, it is recommended that you discard the samples.

After the training session is completed, place the sample back in its container, (but not in a glass canning jar) and then place it in the fridge. For the next 3 days use the scent sample for training sessions, returning it immediately to the fridge. After 3 days, discard the sample (discard it carefully so your dog cannot smell the sample in the trash).

The most conservative protocol: Discard a sample after 3 months in the freezer, 3 days in the fridge, or 3 hours at room temperature.

The exact length of a sample's lifetime has not been studied. Many have had success keeping samples in other ways that extend the sample's life. Because there is no data proving how long samples can be kept, at the start of training, store according to the most conservative protocol. But once your training is for the purpose of maintaining the alerting skills rather than teaching them, you can experiment with other methods to extend the sample's life. If your experienced DAD does not alert to an old sample, assume that it has expired and discard it. Practice again with a new sample to ensure that the lack of alert was due to the sample's expiration.

One way to extend the life of a sample is to return the sample to the freezer immediately after each training session. The sample can then be used many more times over a much longer period of time than when storing in the fridge. Often dogs will still alert to the sample many months later, sometimes even over 1 year later. However, if you are not able to return the sample to the freezer immediately after a training session, still follow the rule that after 3 hours at room temperature the sample should be discarded. Watch carefully and if your dog begins to fail to alert or false alert, revert to the most conservative protocol.

M.D. Dogs
Medical Detection

How To Make Scent Tins

Scent tins are the containers that hold the saliva sample while training the dog. This minimizes contamination of the sample and prevents the dog from eating the sample (since the goal is to teach the dog that the sample equals treats, the dog will have a tendency to try to eat the sample). ☺

MATERIALS:

- ☐ Three ½ to 1 ounce metal tins with screw top lid
- ☐ Drill
- ☐ 1 Drill bit

1. Screw a lid onto a metal tin tightly.
2. Drill 5-10 holes into the top of the lid
3. Repeat Steps 1 & 2 for the remaining metal tins. When drilling the holes, either make every pattern random, or repeat the exact pattern on each container. This will prevent the dog from associating a certain container with a certain sample.
4. On the bottom of each container, write in Sharpie one of the following: “High” “Low” or “In Range”. Be consistent - never change the type of sample that a container holds or your dog will likely become confused due to residual scent.

M.D. Dogs
Medical Detection

How To Build The Scent Wheel

MATERIALS:

- ☐ 1 piece of 18” circular wood
- ☐ 1 Lazy Susan
- ☐ 2” threaded PVC cap
- ☐ 2” PVC snap in drain
- ☐ 8 wood screws
- ☐ Drill
- ☐ Drill bit
- ☐ Permanent marker

18” wood

Threaded PVC cap

Lazy Susan

PVC snap in drain

Cost is approximately $45

1. Place the Lazy Susan approximately in the middle of the 18” wood. Mark the 4 corners where screws will be placed. Remove the Lazy Susan and drill holes where you marked the 4 corners.
2. Place the Lazy Susan back onto the wood, aligning the 4 corners with the drilled holes. Screw the Lazy Susan to the wood.
3. Flip the wood over. Mark 4 locations to form the shape of a square, each location should be 2 inches from the outside edge.
4. Drill a hole in one of the marked locations. Also drill a hole through the approximate center of a PVC cap.
5. Place the PVC cap on the wood and align the hole with one of the holes you drilled in the wood. Screw the PVC cap into the wood. It may be easier to first put the screw partially through the PVC cap so the tip just barely extends out the hole, then place the PVC cap on the hole in the wood and use the drill to put the screw the rest of the way through the PVC cap and wood.
6. Repeat Steps 4 & 5 for the remaining 3 marked locations on the wood.
7. Place the snap in drains in each PVC cap.

M.D. D
Medical Detection

Daily Training Schedule

The following pages show an example training schedule for the first month of raising a DAD. It was the schedule I used for an 8 week old puppy, beginning the day I brought her home.

This should give you an idea of what my puppies' first month looks like. Some of the activities and experiences were specific to my schedule at the time (e.g. family reunion, road trips, etc.) Don't hesitate to use every part of your life as an opportunity to let your puppy experience new things. This is how she will become a true member of the family and learn to adapt in new environments.

Training sessions should always be kept short and upbeat. Typically I include old commands in a training session to build up a puppy's confidence while also switching to teaching her new behaviors. The schedule includes the list of commands to review but this is a list of all the commands she knows at that point, you do not need to practice every command every training session.

Every interaction you have with your puppy is training, so it is not necessary to have formal training sessions every day. Instead, you can include her training in daily activities such as asking her to "sit stay" before you put her food bowl down, asking her to "watch me" before you open the door, asking her to "down" before you play tug, etc.

With the exception of "Get dressed", all of the obedience commands you should teach your puppy within this first month are explained in the *Puppy Steps* book. (The training schedule in Puppy Steps is similar, but has a few differences because that training schedule is designed for a pet puppy rather than a service dog puppy.)

During the first month of a puppy's life she spends the majority of the day on a leash next to me in the home or in a kennel. This keeps her out of trouble, expedites house training, and helps with bonding. It's important that your puppy has structure in her life to teach her good behaviors. However, it's also crucial that she gets to be a puppy. So when she is on a leash next to me she has toys to play with and is allowed to entertain herself, unless I'm practicing the command "Place".

In the evenings, she almost always get at least 2 hours of off leash play time outside with our other dogs. This advances her social skills and also lets her have fun and be a puppy. Even after your dog is a fully trained DAD, be sure to let her 'be a dog' at least once a day to keep her happy and let her relax after a hard day's work.

MD Dogs Medical Detection

Training - Week 1

Day	Husbandry	Daily Life	Obedience Commands to Review	New Obedience Command(s)	Outings	Scent Training
0	Held her and carried her	Bonding	None	Name Game	None	None
1	Touched paws, teeth, and ears	On a leash beside me all day, except for 2 naps in kennel	Name Game	Crate training, Sit, Down, Stand, Touch	None	None
2	Settle position - touched paws, teeth, and ears	On a leash beside me, 2 naps in kennel	Crate training, Sit, Down, Stand, Touch	Come	Socialization – Lowe's	None
3	None	On a leash beside me, 2 naps in kennel, 30 minute off lead walk on farm	Crate Training, Sit, Down, Stand, Touch, Come	Heel	None	None
4	Settle position - touched paws, teeth, and ears	On a leash beside me, 2 naps in kennel, began learning to play tug	Crate Training, Sit, Down, Stand, Touch, Come, Heel	Watch me, Leave It	Socialization – Farmer's Market	None
5	None	On a leash beside me, extra long (3 hour) nap in kennel, 30 minute off lead walk on farm	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It	None	None	None
6	Touched paws, teeth, and ears while tugging	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It	None	Socialization – Tractor Supply Co	None
7	None	On a leash beside me, 2 naps in kennel, 1 hour in X-pen outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It	Sit Stay	None	None

NOTES: _____

M.D. Dogs
Medical Detection

Training - Week 2

Day	Husbandry	Daily Life	Obedience Commands to Review	New Obedience Command(s)	Outings	Scent Training
8	Touched belly, ears, and paws while tugging	On a leash beside me, 2 naps in kennel, 30 minute off lead walk, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay	None	Socialization – Home Depot	Step 1, Step 2
9	None	On a leash beside me, 2 naps in kennel, 30 minute off lead walk	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay	Close	None	Step 2
10	Settle position - clipped nails	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Close	None	Socialization – Southern States (feed store)	Step 2
11	None	On a leash beside me, 2 naps in kennel, 1 hour in Xpen outside, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Close	Down Stay	None	Step 2
12	Settle position – brushed teeth	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Close, Down Stay,	Get dressed	None	Step 2, Step 3
13	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Close, Down Stay, Get Dressed	None	Socialization (practiced public access with vest on, but stayed outside) - Car dealership	Step 2, Step 3
14	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Close, Down Stay, Get Dressed	None	None	Step 3, Step 4

NOTES: _____

M.D. Dogs
Medical Detection

Training - Week 3

Day	Husbandry	Daily Life	Obedience Commands to Review	New Obedience Command(s)	Outings	Scent Training
15	Bath	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed	Place	Socialization – Family reunion	Step 4, Step 5
16	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place	None	None	Step 4, Step 5
17	Settle position – touched paws, ears, and teeth	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (3 minutes)	None	Public Access – Lowe's	Step 5, Step 6
18	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (5 minutes)	None	None	Step 6
19	Settle position – clipped nails	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (10 minutes)	None	Socialization – Outdoor seating at a coffee shop	Step 6
20	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (15 minutes)	None	None	Step 6
21	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (20 minutes)	None	None	Step 6, Step 7

NOTES: _____

M.D. Dogs
Medical Detection

Training - Week 4

Day	Husbandry	Daily Life	Obedience Commands to Review	New Obedience Command(s)	Outings	Scent Training
22	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (25 minutes)	None	Public Access – Clothing store	Step 6, Step 7
23	Settle position – brushed teeth	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (25 minutes)	None	None	Step 6, Step 8
24	Held in the car	Took a nap in the car during road trip, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (30 minutes)	None	Socialization – Road trip	Step 6, Step 8
25	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (30 minutes)	None	None	Step 6, Step 8
26	Settle position – clipped nails	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (35 minutes)	None	Public Access – Grocery Store (Kroger)	Step 6, Step 8
27	None	On a leash beside me, 2 naps in kennel, 2 hours free play with other dogs outside	Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (35 minutes)	None	None	Step 6, Step 8
28	None		Crate Training, Sit, Down, Stand, Touch, Come, Heel, Watch me, Leave It, Sit Stay, Down Stay, Close, Get Dressed, Place (40 minutes)	None	None	Step 6, Step 8

NOTES: _____

M.D. Dogs
Medical Detection

M.D. Dogs Workbook

Choosing Your Dog

M.D. Dogs
Medical Detection

When choosing your dog, there are many things to keep in mind. Below I address topics to think about when choosing your DAD. These are just guidelines. If you already have a dog at home that you are hoping to train as a DAD, you can still try to train that dog, even if it's not a recommended breed! Just read through the below guidelines to know what to be aware of and what to expect. This is primarily written for those picking out a dog specifically for a DAD in order to set them up for success.

Size of breed – If your dog is only for a DAD, there is no reason to choose a huge breed. Large breeds are inconvenient in public and it is hard for them to be inconspicuous. But having a tiny breed can be difficult as well as they are at risk of being stepped on and it is harder to notice an alert or for them to retrieve items.

Origin of breed – Know the origin of your breed so you know their weaknesses. Terriers usually have a tendency to be independent, dig, and bark because they were bred to hunt vermin. Herding breeds have a tendency to chase children or animals in an attempt to herd, so it may be difficult in a house of active, small children. Sporting breeds, especially retrievers, are going to have a tendency to chase balls or birds and have high prey drive, so it may be hard to teach them to ignore squirrels or birds and may not be the right choice if you are a tennis player. While many think a hound would be a good choice because of their superb scenting abilities, they are actually one of the most difficult because they are obsessive about using their noses in the environment around them and it is difficult to keep their attention. Typically sporting breeds are the most common for DAD training, with herding breeds being the second most popular.

Perception of breed – While you can absolutely use a Pit bull type dog, Rottweiler, or similar dog as a DAD, this is going to make your life more difficult. More people will fear your dog and cause a scene and you are more likely to have access issues. However, extremely small breeds such as Chihuahuas and Dachshunds are likely to result in more access issues as well because so many dogs of those breeds are falsely represented as service dogs. If you already have one of these breeds you still can train them to be a DAD. But if you are searching for a breed to train, I recommend avoiding large, intimidating breeds as well as especially small breeds in order to avoid making public access more difficult for yourself.

Laws – Some locations have breed restrictions. While your service dog is typically exempt from breed restriction laws (in the U.S.), certain breeds cause a landlord's insurance fees to increase. If a landlord's insurance will increase as a result of your breed of service dog, the landlord is not required to allow you to live on his or her property. If you do

M.D. Dogs Medical Detection

not own your own home and land, and there is any chance you will need to rent a home, I would not recommend using a breed that might be on a breed restriction list or cause insurance increases.

Energy level: Choose a breed that will match your activity level. If you are out and about working all day, attending meetings, exercising, and going to social events, you will want a dog that can keep up with you. But if you work from home and do not run regularly or if the diabetic attends school but will not bring the dog, then you will need a lower energy dog. Do not choose a Border Collie if you aren't extremely active. Similarly, you will not want to choose a Newfoundland if you are always on the go.

Brachycephalic (short nosed) breeds: Originally it was believed that these breeds (Pug, Shih Tzu, Chihuahua, Chow Chow, Pekingese, Lhasa Apso, Bull Mastiff, and English Toy Spaniel) should not be used because their scent detection capabilities were less than other breeds. However, this has not been scientifically proven. With that being said, these breeds are not recommended for other reasons – they have airways that are more susceptible to damage and they struggle with breathing if they are exercising or in hot and humid weather. Because a DAD is supposed to help keep you safe, your DAD needs to be physically capable to accompany you in as many situations as possible which these breeds cannot do.

Coat type: Coat type is typically the least important factor to consider, however if you are choosing a breed specifically to be a DAD it is best to think about this before deciding. It is much easier to keep a short haired dog clean and well groomed than dealing with a thick coated or long haired breed. Additionally, choosing a dog that does not shed much would be beneficial if the DAD will ever be attending work or school because this will minimize the effect on those who are allergic.

Breed recommendations: Typically Golden Retrievers, Labrador Retrievers, Poodles, and mixes thereof are used as DADs. Organizations have researched and found that these breeds are most successful. I strongly recommend one of these. I work with Comfort Retrievers (miniature Golden Retrievers). The benefit to these dogs are they are small to medium sized dogs (25-45 pounds), so they fit in tighter areas such as under a table or chair more easily and are more inconspicuous than larger dogs. While they are smaller, they are still well respected by the public as a service dog breed since they look like a typical Golden Retriever, minimizing the number of access disputes. There are other benefits such as decreased shedding, thorough health testing, and extensive handling from birth.

Breeder or Rescue: DADs are meant to keep you healthy and safe. Because of this, I choose to take the fewest number of risks possible and this means purchasing

M.D. Dogs Medical Detection Dogs

a dog from a reputable breeder. The first reason for this is that the dog will most likely be healthier - while there are still no guarantees, as even reputable breeders sometimes have dogs with health problems, it will minimize the risk. It will also help significantly reduce the chance of getting a puppy that has a life threatening disease such as Parvo.

What is a reputable breeder: A reputable breeder performs health testing on the parent dogs to ensure the puppies being born will be as healthy as possible. These health tests should include checking the dogs' joints for hip dysplasia and/or elbow dysplasia, checking their eyes, and any breed specific testing. Ask for proof of these health clearances (Health screenings for hips and elbows will usually be certifications from PennHip or OFA. Health screenings for eyes are usually certifications from CERF.)

Additionally, you should be able to visit the facilities and ensure the puppies are in a clean environment and receiving age appropriate socialization experiences.

The puppies should be kept at the breeder's facility with their siblings until 8 weeks of age. If puppies are released prior to this age they will not receive the necessary socialization experiences they need from their siblings. Staying with their siblings teaches the puppies things such as how to play appropriately, bite inhibition, and how to recover.

Ask the breeder if you can see the mother. Ensure the mother of the puppies is friendly, with a good temperament and is well taken care of. Also be sure that the breeder truly cares for the dogs and knows them personally. If the breeder does not know the puppies then most likely they are not interacting with them so they are not getting the human interaction needed to develop into stable adults.

Most likely the breeder will ask you to sign a contract that indicates if you do not care for the puppy or are unable to keep it the breeder will take it back.

The price range of puppies varies greatly. Do not choose a dog because it is the cheapest. Additionally, the most expensive dog is not necessarily coming from the best breeder. Do your research and make sure your dog is coming from a good environment that will set you up for success.

M.D. Dogs
Medical Detection

Ideal Puppy Traits

When I evaluate puppies I perform temperament tests on them, but I also get to know them and their personality. This is more subjective but I have found that spending time with the dog and looking for certain personality traits is sometimes more effective. I suggest asking an experienced service dog trainer to accompany you to evaluate puppies. Below are the list of personality traits I look for in a puppy. Many of these can be seen in the puppy temperament test (next page), but it is important to evaluate the puppies' behaviors and look for these traits in addition to performing the test.

Confident: She does not get scared frequently.

Curious: She investigates new things. She can be hesitant but she has a drive to explore and learn more about objects, sounds, and people.

Food motivated: She is excited to eat low value rewards such as kibble.

Persistent: She will continue working for a piece of low value treat even if she doesn't succeed at first.

Active: She runs and plays with her siblings. It's important to look at the puppies multiple times because puppies do sleep a lot so if you happen to see a puppy being particularly calm, that does not mean it is not a good candidate. But if you visit a few times and the same puppy is always exceptionally calm, then that is not a good candidate. However, you don't want a hyperactive puppy either, so be careful to avoid the extremes.

People focused: She is excited to visit with new people and does not show hesitancy to interact.

Forgiving: If you restrain her she returns to you, licks your face, or rolls over, rather than leaving you or refusing to interact.

Quick to recover: If she is frightened by something she may startle but within a few seconds returns to it to investigate it further.

Socializes with siblings or other puppies: She interacts with people but also interacts with other puppies well. If she has no interest in the other dogs she may have poor canine social skills and develop separation anxiety.

M.D. Dogs
Medical Detection

Puppy Temperament Test

The goal for this test is to help you choose the best candidate for a Diabetic Alert Dog. The test is designed for puppies that are 49 days old and still living with their siblings. It should be performed in an area the puppies have not experienced before and during the test the puppy should not be within sight of its siblings.

As puppies mature, many factors affect how they respond and grow. Because of this, we can never definitively know what a puppy's adult temperament will be. However, this test is designed to predict it as best we can. This test is designed to demonstrate each puppy's strengths and weaknesses. No puppy is the perfect DAD candidate, so this test won't necessarily show you exactly which puppy to choose. Instead, the goal is to allow you to see which puppies have which weaknesses and what environment the puppy would succeed in. This allows you to make an educated decision about which puppy is right for you.

There is not a 'correct score' for each exercise. The score you will want for your candidate on each test will depend on the environment she will be in. In general, lower scores are best for more active environments while higher scores are best if a calm dog is needed. Avoid puppies that score 1's or 5's as those are extreme responses that are rarely demonstrated by a suitable DAD candidate.

It is best if a local service dog trainer is able to test the puppies for you, or accompany you while you test them. This will allow you to make a decision based on the opinion of a professional who has experience with canine body language and behavior.

One thing to keep in mind is to not choose a puppy because it chose you. Be as objective as possible when performing these tests in order to assess the puppies equally. If there is a puppy that is extremely attached to you, while adorable and heartwarming, it could mean the puppy is insecure or will have separation anxiety in the future so avoid that puppy. Similarly, if there is a puppy that does not want anything to do with you, do not choose that puppy either.

In general, choose a puppy that is happy to interact with you, but also happy to interact with her siblings and curious about her environment.

The M.D. Dogs' Puppy Temperament Test is based off the Volhard Puppy Aptitude Test, with modifications to reflect the traits needed for successful Diabetic Alert Dogs using M.D. Dogs training methods. To learn more about the Volhard Puppy Aptitude Test, please visit: http://www.volhard.com/pages/pat.php

M.D. Dogs Medical Detection

Temperament Test Exercises

1. **APPROACHING STRANGER** Tester places the puppy on the ground and walks approximately 3 feet away, then turns to encourage the puppy to come to them. Tester can kneel or bend over and talk to puppy or clap hands.
2. **FOLLOWING** Directly from Test 1, tester turns around and walks away from puppy slowly, encouraging the puppy to follow by talking to the puppy in a happy tone. (Make sure the puppy sees you walk away).
3. **RESTRAINT** Tester kneels down and gently places the puppy on its back and holds it on its back for 30 seconds. Hold the puppy with as little pressure as possible, while still keeping it on its back.
4. **FORGIVENESS** Immediately after Test 3, tester allows puppy to get up then gently strokes it from head to back while tester is still kneeling. Have puppy at the side of tester and tester's face low enough for puppy to reach if it desires, but not hovering over puppy.
5. **ELEVATION** Tester supports the puppy's chest and belly while holding all four feet a few inches above the ground. Tester keeps puppy elevated for 30 seconds.
6. **RETRIEVAL** Tester kneels beside puppy and gets it interested in a crumpled piece of paper. When puppy shows interest, tester gently tosses it 1-3 feet in front of the puppy. If puppy doesn't see it, repeat up to 2 times.
7. **PHYSICAL SENSITIVITY** Tester lightly squeezes the webbing of the puppy's front paw, between two of its toes. Tester gradually increases pressure while counting to ten. As soon as puppy pulls away, tester stops.
8. **SOUND SENSITIVITY** The puppy is placed in the center of the testing area and a few feet away tester makes a sharp noise. Tester can continue to make noise to determine puppy's response.
9. **TOY DRIVE** Tester ties a leash to a bath towel. Tester places puppy in the center of the testing area and places it on the ground, then jerks it across the ground approximately 2-3 away from the puppy.
10. **VISUAL SENSITIVITY** The tester opens an umbrella 3-5 feet from the puppy, then gently places it on the ground.
11. **SCENT DETECTION** A large piece of meat is placed on the ground with a

M.D. Dogs
Medical Detection

milk crate or similar barrier placed over top to prevent access. The tester then places the puppy 3-5 feet away from the meat and waits next to the meat to see if the puppy finds it. If the puppy does not find it after 30 seconds or so, tester can encourage puppy by walking around the meat or calling the puppy away from distractions, towards the meat. If after another 30 seconds the puppy still has not found it, tester can tap the milk crate or barrier to assist the puppy.

12. **SCENT PERSISTENCE** The tester places the puppy in front of a simple dog puzzle or slow feeder (Nina Ottosson DogTornado or Northmate Interactive Feeder) with 3 pieces of meat inside. If the puppy doesn't notice the puzzle or slow feeder, the tester may encourage the puppy to interact by tapping it and verbally encouraging.
13. **BIDDABILITY** The tester has 3 low value treats (e.g. pieces of dog food). With the puppy in front of the tester, the tester lets the puppy eat one treat. Then the tester places another low value treat between his or her forefinger and thumb and moves the treat in large circles or figure 8's to see if the puppy follows, then gives the puppy the treat. With the third treat, the tester lures the puppy into a sit.

M.D. Dogs
Medical Detection

Puppy Name: _____

1. APPROACHING STRANGER

1. Came quickly, enthusiastically, jumped at hands, and bit hands

2. Came quickly, enthusiastically jumped and/or licked at hands

3. Came readily

4. Came hesitantly

5. Didn't come

NOTES:_____
_____
_____
_____

2. FOLLOWING

1. Followed quickly, tail up, got underfoot, bit at feet

2. Followed readily, tail up, got underfoot

3. Followed readily

4. Followed hesitantly

5. Didn't follow

NOTES:_____
_____
_____
_____

3. RESTRAINT

1. Struggled fiercely, flailed, used mouth

2. Struggled fiercely, flailed

3. Both struggled and settled

4. Did not struggle

5. Did not struggle, strained to avoid eye contact

NOTES:_____
_____
_____
_____

M.D. Dogs
Medical Detection

Puppy Name: _____

4. FORGIVENESS

1. Left tester to enthusiastically explore, play, etc

2. Jumped to reach tester's face

3. Stayed by tester and squirmed, rolled over, or licked hands

4. Stayed by tester, but did not interact

5. Went away and stayed away calmly

NOTES:_____
_____
_____
_____

5. ELEVATION

1. Struggled fiercely, flailed, used mouth

2. Struggled fiercely, flailed

3. Both struggled and settled

4. Did not struggle, relaxed

5. Did not struggle, stiff

NOTES:_____
_____
_____
_____

6. RETRIEVAL

1. Chased object, picked it up and ran away

2. Chased object, reached it, then did not pick it up or return

3. Chased object, returned to tester with object. (within a few feet of tester)

4. Chased object and returned to tester without object

5. Did not chase object

NOTES:_____
_____
_____
_____

M.D. Dogs
Medical Detection

Puppy Name: _____

7. PHYSICAL SENSITIVITY

1. 9-10 count before pulling away

2. 7-8 count before pulling away

3. 5-6 count before pulling away

4. 3-4 count before pulling away

5. 1-2 count before pulling away

NOTES:_____
_____
_____
_____

8. SOUND SENSITIVITY

1. Located sound and barked at it

2. Located sound and ran towards it

3. Located sound and walked toward it showing curiosity or ignored it

4. Backed away from sound and avoided area

5. Cringed

NOTES:_____
_____
_____
_____

9. TOY DRIVE

1. Attacked object, bit it, and tugged

2. Put feet and mouth on object

3. Looked with curiosity and attempted to investigate

4. Observed with tail down

5. Avoided object, backed away from it, or hid

NOTES:_____
_____
_____
_____

M.D. Dogs
Medical Detection

Puppy Name: _____

10. VISUAL SENSITIVITY

1. Ran to umbrella and bit it or barked at it

2. Enthusiastically went towards umbrella

3. Walked to umbrella to investigate it

4. Watched but did not move towards umbrella

5. Avoided umbrella, backed away, or hid from it

NOTES:_____
_____
_____
_____

11. SCENT DETECTION

1. Located scent independently, then bit or barked at container

2. Located scent, attempted to reach source for >10 seconds

3. Located scent with assistance from tester, attempted to reach source for >10 seconds

4. Located scent (with or without assistance), attempted to reach source for <10 seconds

5. Did not locate scent even with assistance from tester

NOTES:_____
_____
_____
_____

12. SCENT PERSISTENCE

1. Bit or barked

2. Persisted for more than 10 seconds, using one method

3. Persisted for more than 10 seconds, using multiple methods

4. Persisted for 1-10 seconds

5. Did not persist

NOTES:_____
_____
_____
_____

M.D. Dogs
Medical Detection

13. BIDDABILITY

1. Frequently bit at lure or tester's hand

2. Continuously followed the lure – difficult to lure into "Sit"

3. Continuously followed the lure – easy to lure into "Sit"

4. Attempted to follow lure, but lost interest in treat

5. Did not attempt to follow lure

NOTES:_____
_____
_____
_____

SCORE SUMMARY

1. _____	5. _____	10. _____
2. _____	6. _____	11. _____
3. _____	7. _____	12. _____
4. _____	8. _____	13. _____
	9. _____	

TEMPERAMENT SUMMARY

Strengths: _____

_____
_____
_____
_____
_____
_____
_____
_____
_____

Weaknesses: _____

_____
_____
_____
_____
_____
_____
_____
_____
_____

M.D. Dogs
Medical Detection

Adult Temperament Test

If you are choosing an adult dog to train as a DAD, look for the correct personality rather than focusing on the minor details. Do not choose a dog because it already knows commands such as sit, down, or shake. While it's great that you won't have to train those commands, these types of commands are very simple and take only a few days to teach. You will be teaching the dog so much over the next year that having to teach these simple commands should not be a factor.

Instead, look for broader personality traits that will indicate the dog is stable, confident, will learn easily, and will enjoy being a service dog.

If possible, it is best to have the dog for a trial period because adult dogs often act differently based on their environment. Especially if you are choosing a dog from a rescue or shelter, you will want to remove the dog from the environment for a few days if possible because being in a kennel surrounded by other dogs with little human interaction will result in different behaviors than when the dog is in a home. Typically it takes 2 weeks in a home for a dog to show their true temperament, so a few days trial period will not show their true colors but it will still be an improvement from evaluating in the rescue or shelter. The ideal situation is to foster the dog for at least 2 weeks.

Finding an adult service dog candidate is a difficult task. Many dogs are surrendered because of behavioral or physical problems. Do not go to a shelter or rescue with the intent to choose a dog immediately. You may need to visit 10 or more locations before finding the right candidate. Be picky and continue searching until you find one that has potential and will set you up for success. Additionally, be sure that it is completely healthy and has not had any medical conditions. Even then, there is still a large risk in that you do not know the health of the parents or any information about the dog's history.

M.D. Dogs
Medical Detection

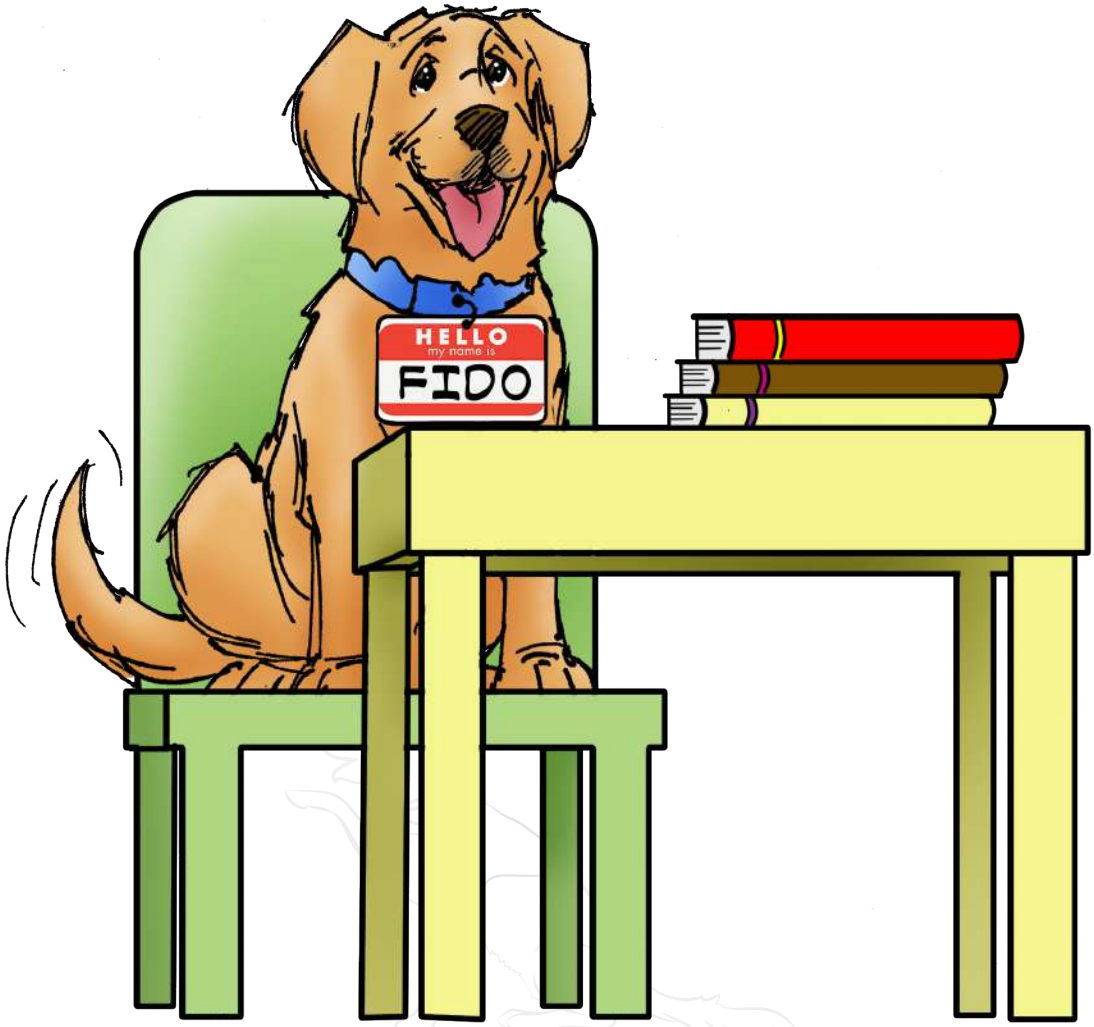
A good service dog candidate will demonstrate:

- **Confidence** – Tail up, tall stance, dog is relaxed when exploring.
- **Curiosity** – Interested in exploring and investigating, does not avoid or shy away from new situations or objects.
- **Food motivation** – Ideally is willing to work for low value rewards such as kibble, or medium value rewards such as Zuke's Mini Naturals.
- **Friendliness** – happy to greet people and be pet without shying away at all.
- **Persistence** – Willing to work for treats and continues to attempt multiple times without giving up.
- **Quick recovery** – When startled, dog will recover quickly and continue acting normally without shaking, showing any aggression, or becoming nervous.
- **Tolerance** – When experiencing slight discomfort dog does not show aggression, become fearful, or jump away (shying away slightly is reasonable).
- **No dog aggression** – When a strange dog is near by, dog is relaxed and ignores dog or is curious.
- **No resource guarding** – When dog has a high value toy or food, it does not demonstrate any aggression or possessiveness when approached and the item is taken away.
- **No handling sensitivity** – Dog is calm and relaxed while its ears, teeth, eyes, paws, belly, tail, sides are all examined and held for a few seconds each.

M.D. Dogs
Medical Detection

M.D. Dogs Workbook

Scent Training Steps



M.D. Dogs
Medical Detection

Step 1

Beginning to pair the reward with the scent

Instructions:

Place a low scent sample in the scent tin that has holes in the top. Present the tin in front of the dog – a few inches from her nose. When she investigates it, immediately mark and reward. ***Repeat approximately 20 times.***

TIPS

- Always reward the dog at the scent source. Hold the reward at the top of the container, on the holes, so the dog associates the scent with the reward. (Do this throughout all scent training steps.)
- Use high value rewards – meat or cheese work great!

Step # 1 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

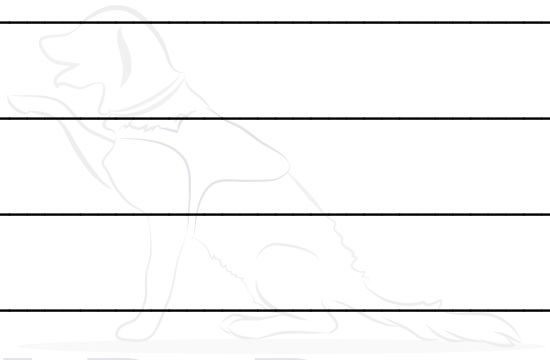
_____

_____

_____

_____

_____



M.D. Dogs
Medical Detection

Step 2

Sniffing the sample

Instructions:

Present the scent tin in front of the dog and wait for her to actually sniff it, then mark and reward. ***Repeat approximately 100 times.***

TIPS

- You know she is sniffing when you see her nostrils flare or you hear her inhale through her nose, while her nose is touching or almost touching the container.
- Always end a training session positively and after a success.

Step # 2 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

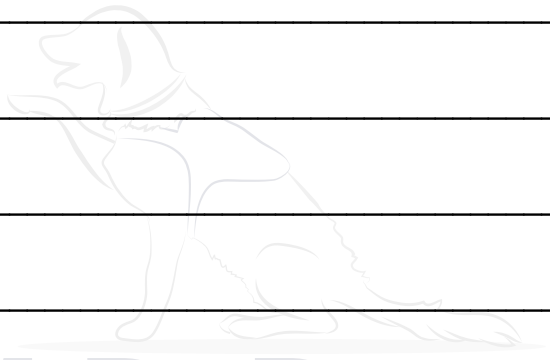
_____

_____

_____

_____

_____



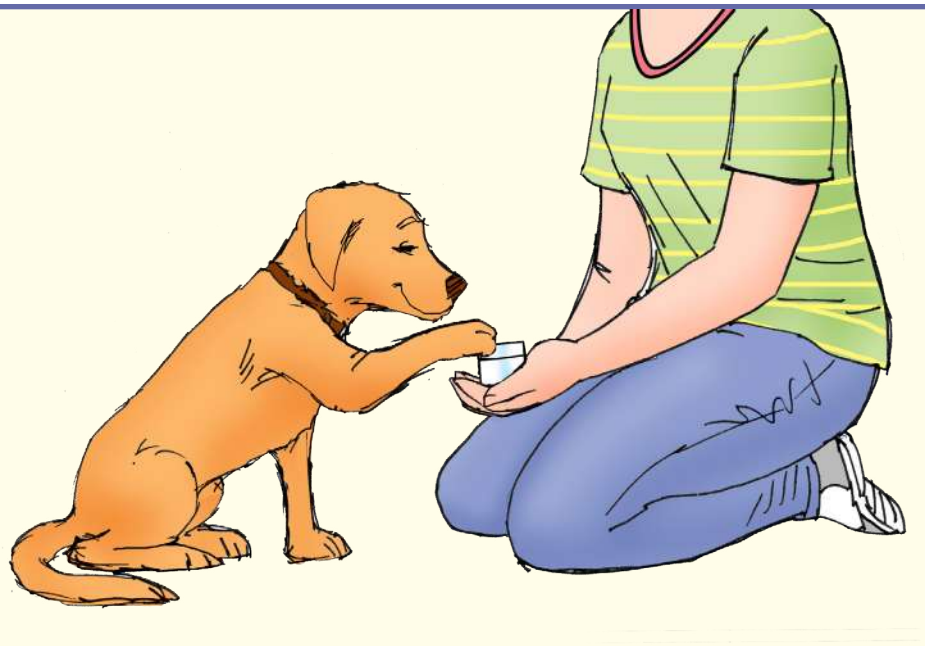
M.D. Dogs
Medical Detection

Step 3

Pawing the sample

Instructions:

Repeat Step 2, but withhold the reward until the dog attempts to use her paw. As soon as she makes any movement with her paw, mark and reward.
Repeat approximately 50 times.



TIPS

- Some puppies will use their paw before you intend - reward it!
- Be patient and don't cue your dog to use her paw - we want them to be independent.
- If she doesn't try to use her paw even when you wait for 30 seconds on 3 attempts, lower the container closer to her paw. If she lifts her paw at all, mark and reward! Then only reward when she paws the container. After 20 repetitions raise the container higher. If she never lifts her paw, return to Step 2 to create more value for the container.

Step # 3 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

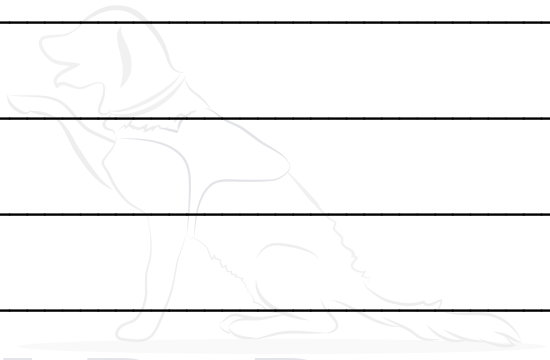
_____

_____

_____

_____

_____



M.D. Dogs
Medical Detection

Step 4

Pawing a hidden sample

Instructions:

Repeat Step 3 but enclose the container in your hand. ***Repeat approximately 30 times.***

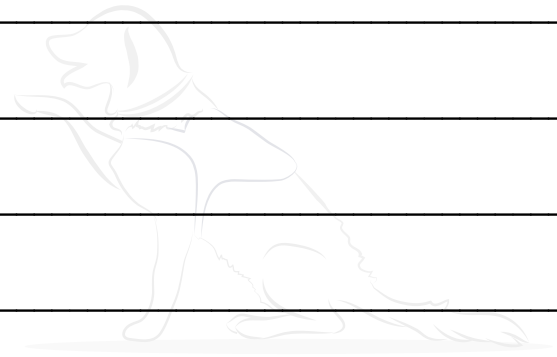
TIPS

- The purpose of this is to teach the dog early on that the scent can occur without the metal tins – we want to avoid teaching them to rely on the visual cue.
- If you have used larger tin in the past, you may need to buy a small one, such as a ½ oz or 1 oz tin, so that you can fit it entirely in your hand.
- You can also practice proofing your dog off of the container by switching containers – tea infusers work well! *Repeat with each new container at least 50 times.*

Step # 4 : _____ Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____



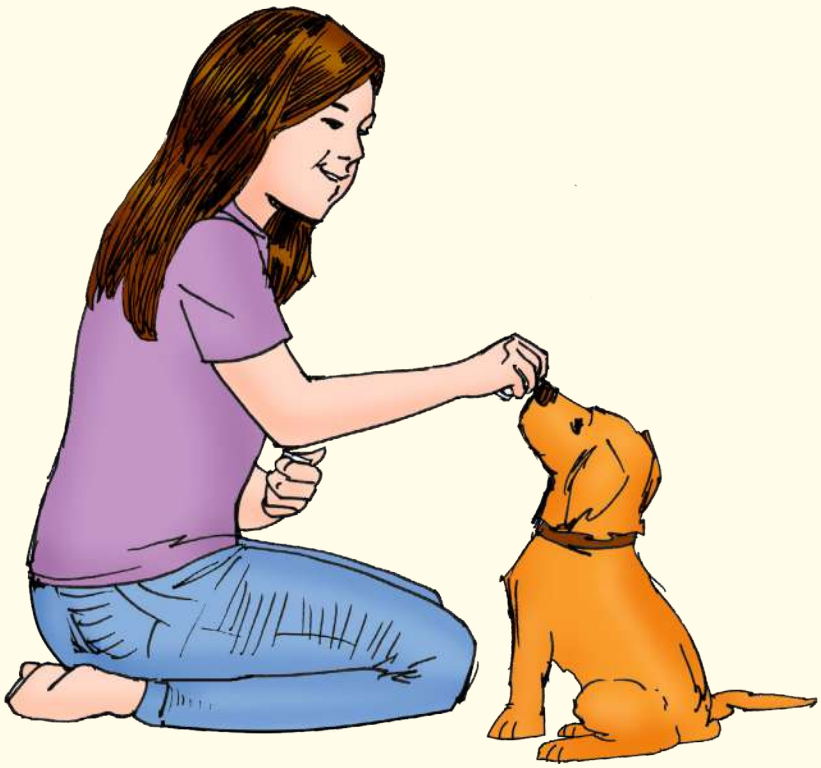
M.D. Dogs
Medical Detection

Step 5

Pawing at different positions

Instructions:

With a low sample inside the scent tin, close your hand around the tin and hold it at different positions – at your side, on the ground, behind you, and above their head. Mark and reward each time she paws your hand. ***Repeat approximately 40 times.***



TIPS

- After the dog is confident, gradually encourage persistence by waiting just a little longer before rewarding. The goal is to teach the dog to keep pawing until they are rewarded, which helps in the future if you are not responding to a low alert.

Step # 5 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

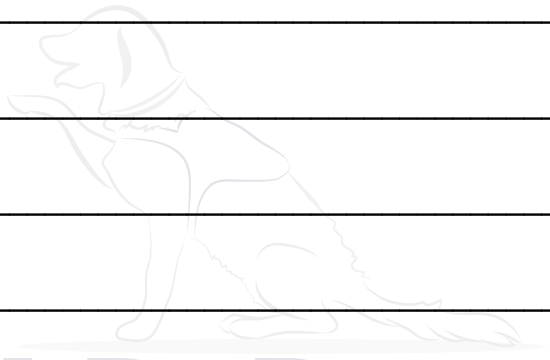
_____

_____

_____

_____

_____



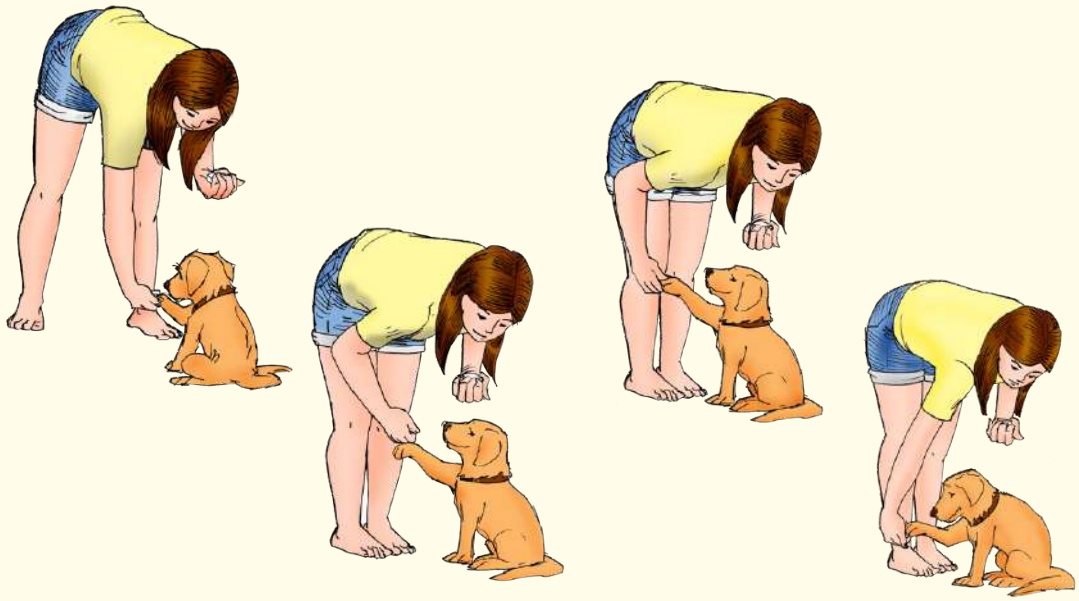
M.D. Dogs
Medical Detection

Step 6

Checking pattern

Instructions:

With a low sample inside the scent tin, practice having your dog alert to it while you hold it at your left ankle, left knee, right knee, then right ankle. Perform 2-5 repetitions in each location before moving to the next location. Reward each time she sniffs and paws it.
Repeat this whole routine 500 times.



TIPS

- The scent of low blood sugar is strong at your knees and feet, so this step teaches the dog to check these locations for the scent. The dog will then begin to check these places on their own to determine if they should alert.
- Do the same pattern each time so that your dog learns to 'check you'.
- Practice this step in as many locations as you can to teach the dog to always be checking you, no matter where they are.
- After about 50 repetitions of this step, you can start Step 7. But continue to practice this step even after you move on to the next few steps in order to reach at least 500 total repetitions.

Step # 6 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

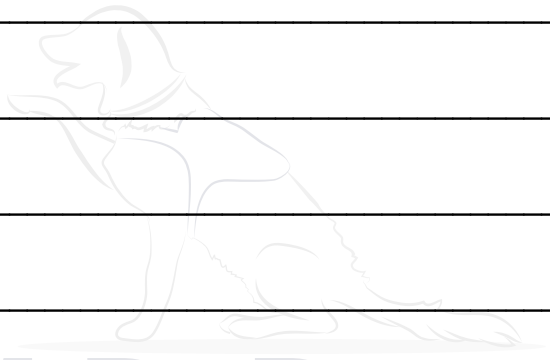
_____

_____

_____

_____

_____



M.D. Dogs
Medical Detection

Step 7

Eliminating the scent tin

Instructions:

Hold a low scent sample in your hand without a container, then present your hand in front of the dog. When the dog sniffs and paws your hand, mark and reward excitedly.
Repeat approximately 20 times.

TIPS

- Wash your hands before and after handling the scent sample in order to minimize contamination.
- Use the same scent sample only 2-3 times before throwing it out because it will be contaminated from being in your hand.
- From now on, you can say, "Good Low" while praising her.

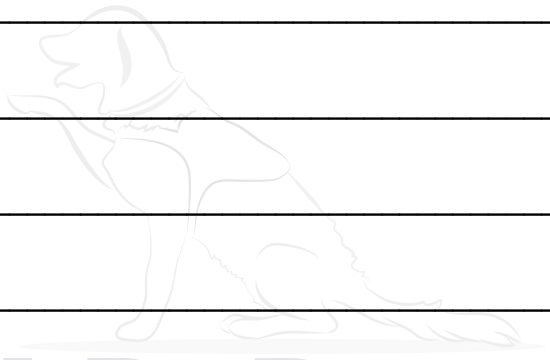
Step # 7

Location(s): _____

Training Date(s): _____

Time(s) Spent: _____

NOTES: _____



M.D. Dogs
Medical Detection

Step 8

Pawing a person

Instructions:

Part A) While standing, hold a bare low scent sample in your fist, against your legs. When the dog sniffs and paws your fist or leg, mark and reward excitedly.

Repeat approximately 20 times.

Part B) While standing, let her sniff the sample, then move it a few inches higher as she is trying to paw it so that she misses the sample and paws your leg. Reward her for attempting to paw your leg without jumping up. You can reward her for pawing the air or pawing your leg, just not jumping up.

Repeat approximately 50 times.

TIPS

- This helps teach the dog the mechanics of how to paw your leg.
- Wash your hands before and after handling the scent sample in order to minimize contamination. Only use the sample 2-3 times before throwing it out.

Step # 8 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

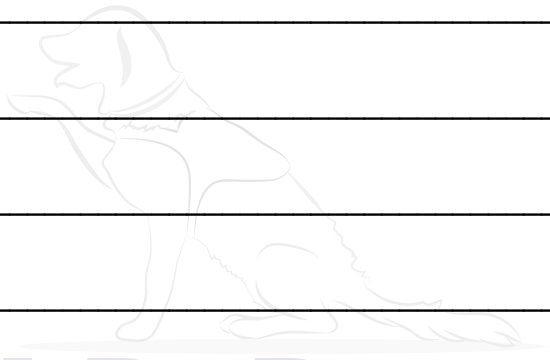
_____

_____

_____

_____

_____



M.D. Dogs
Medical Detection

Step 9

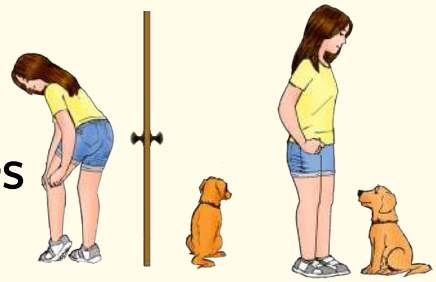
Alerting based on scent alone

Instructions:

With the dog out of sight, rub the scent sample on your foot, hand, or back of knee. Casually be near your dog while acting natural. Wait for her to detect the scent and paw you. When she does, have a Puppy Party! Give her 3 or 4 high value treats with a lot of praise. After about 2 minutes of treats and praise, you can give the cue "All better".

Repeat 4-5 times each week for the rest of your dog's working life.

TIPS



- Do not give body language cues! Don't stare at her or blow on her, just be patient and wait. Otherwise she will rely on those additional cues before alerting.
- If the first few times she sniffs in the general area, but hesitates to alert you can gently encourage her by asking "What is it?". But fade that out within the first 5-6 times.
- Put the scent sample away after rubbing it on yourself, before going near her. After the alerting and party, wash off the saliva from the area you rubbed it on and anything else that it touched.
- If you have long pants and shoes on and cannot rub the sample on your skin, then put the scent sample in one of your metal tins and hide it in one of those locations – foot, hand, or knee. You can put it in your sock, your rolled up pant leg, top of your shoe, etc.
- Practice in every environment you can think of, at all different times of the day.
- Practice in different positions – sitting, standing, lying down, kneeling, etc.
- Always have materials to clean the area after she alerts and has been rewarded. Otherwise you are teaching her to ignore the scent. If you are going to practice in public, be sure to have access to a bathroom so you can clean the area with soap and water, or bring disinfectant wipes.

Step # 9 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

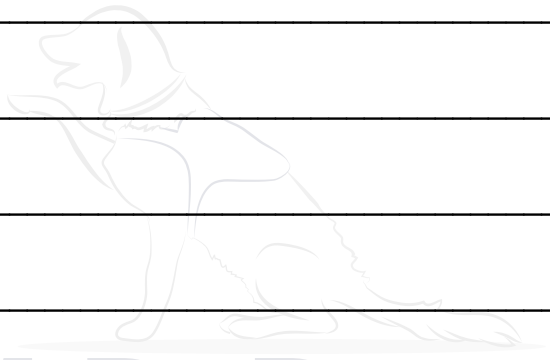
_____

_____

_____

_____

_____



M.D. Dogs
Medical Detection

Step 10

Testing the dog's understanding

Instructions:

Part A) Present two identical scent tins in front of the dog – one with a low scent sample and one empty. The low should be closest to the dog. When she sniffs and paws the one with the low sample, mark and reward excitedly! ***Only 1 repetition.***

Part B) Switch the scent tins behind your back so they are in different locations when you present them to the dog again – now the low should be furthest from her. When she sniffs and paws the correct tin, mark and reward. ***Only 1 repetition.***

Part C) Switch them behind your back 1-3 more times. Mark and reward when she sniffs and paws the correct one.

- If she paws the incorrect container, freeze and wait for her to paw the correct one.
- 99% of the dogs fail Part B, this is normal. Wait for her to paw the correct one and then move on to Part C.
- In Part C, if she paws then sniffs the incorrect container, then immediately sniffs the correct one and paws it – demonstrating she immediately recognized that the first one didn't have the sample inside, that is considered a success! Just continue to ensure she sniffs samples then paws, to teach her that her first response should be sniff, then paw rather than vice versa.
- This is not an exercise to practice regularly, it is only to gauge your dog's understanding. If she demonstrates that she doesn't understand (by pawing both scent tins carelessly, shutting down, etc.), return to the previous steps to build a more solid foundation. If she does demonstrate that she understands, by succeeding on Part C, move on to Step 11.

Step # 10 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

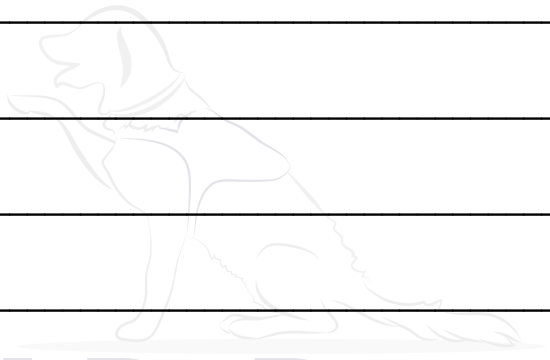
_____

_____

_____

_____

_____



M.D. Dogs
Medical Detection

Step 11

Teaching the scent wheel

Instructions:

Part A) Place a low sample in a scent tin and put it in a scent wheel compartment. Place blank metal containers in the remaining scent wheel compartments. Walk backwards around the wheel with your dog in front of you. Use your hand to encourage her to sniff each compartment. Continue walking, don't force her to sniff every container. When she hesitates/sits/paws at the container with the low, mark and reward. Then spin the wheel and repeat. Gradually raise the criteria so you only reward when she sits and paws the container.

Repeat approximately 100 times.

Part B) When she is succeeding 95% of the time, repeat Part A but place dry cotton in the metal containers instead of leaving them empty.

Part C) When she is succeeding 95% of the time, repeat Part A but place in range saliva samples (non alerting levels of blood sugar) in the metal containers instead of leaving them empty. Vary the in range samples over many training sessions to teach her to ignore everything except what you want her to alert to.

Repeat at least 50 times over multiple days, but you can practice throughout your dog's working life.

M.D. Dogs
Medical Detection

STEP 11 TIPS

• The first few times, begin having her check the container that has the sample in it first. This will teach her that there is a low in this new contraption and when she finds it she gets rewarded. Then gradually start further away from the positive sample, so she has to check empty containers before finding the low.

• Use a leash to gently guide her so she doesn't walk on the wheel. In the beginning, if she walks on the wheel and finds the correct container, still reward her. But use her reward to lure her into the correct position (in front of the correct container) before giving it to her. It can also help to place the wheel on a box so it's a little taller.

• At first it will be a little messy, but be gentle and patient - as you practice she will begin to understand that she should walk around the wheel and sniff each container until she finds one to alert to.

• While you spin the wheel, hold her away from the wheel, then release her to go check again. This 'resets' her. You can let her nibble on a treat while you spin it to occupy her.

• If she alerts to the incorrect container, just keep walking and ask her to continue checking. Do not punish her! Sometimes test her when she alerts to the correct container by continuing to walk around the wheel and asking her to continue checking other containers - reward her for staying at the correct container.

• If you want her to sit and paw the correct container, use the reward to lure her into a sit each time she stops at the correct container, then give the reward. If you don't care and just want her to paw, skip this and just reward at the scent source. (Clean compartments after each training session using a paper towel and hot water.)

• Vary the low samples you use during different training sessions. Only use 1 low sample at a time and never switch the compartments.

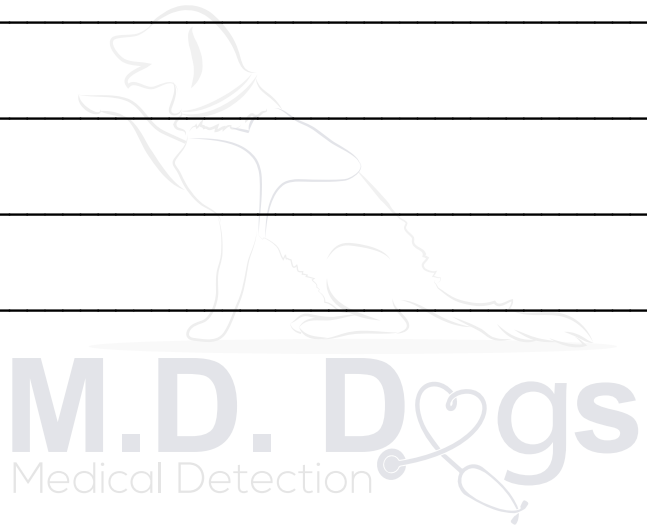
Step # 11

Location(s): _____

Training Date(s): _____

Time(s) Spent: _____

NOTES: _____



Step 12

Planned live alerts

Instructions:

When your blood sugar is low, wait near your dog to see if she recognizes the scent. If she shows any recognition at all (sitting up, starting to paw, etc.), ask her "What is it?". If she paws you, have a puppy party! Treats and praise and excitement. If she doesn't show any recognition for 5 minutes, then practice Step 9 to pair the live low to the low sample. When she paws you, have a puppy party!

Repeat each time you are low and your dog has not alerted yet, for the rest of your dog's working life.

TIPS

- Quickly fade out asking, "What is it?". After a few repetitions let her think it through and paw you on her own, as you want her to be completely independent.
- Never let your blood sugar go low or high intentionally in order to practice. Your health is your priority. Only do this step if your blood sugar is in a safe enough range that you have time to walk by your dog before treating yourself.

Step # 12 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

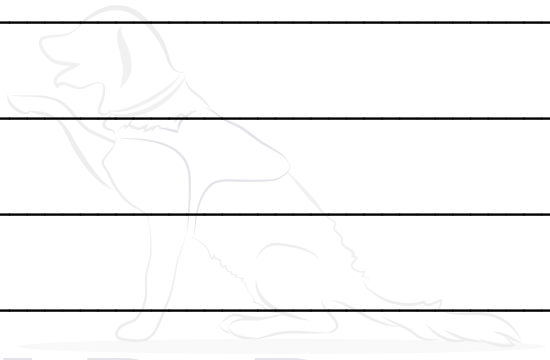
_____

_____

_____

_____

_____



M.D. Dogs
Medical Detection

Step 13

Teaching high blood sugars with the scent wheel

Instructions:

Part A) Repeat Step 11 - Part A, but instead of a low sample, place one very high blood sugar sample (250 or above) in the wheel. Repeat approximately 10 times (instead of 100 times).

Part B) Repeat Part A, but put in-range samples in the other wheel compartments.

Repeat approximately 50 times, over multiple days.

TIPS

- The purpose of this step is to teach your dog exactly what high blood sugars you want her to alert to. Most dogs begin to alert to extreme live high blood sugars on their own. If your dog has not alerted to a live high blood sugar after a few months and you would like her to, practice this step to teach her that highs provide tasty treats as well!

- Vary the high blood sugar sample you place in the wheel in order to teach the dog to alert to any high blood sugar over a certain level. Practice with each sample approximately 10 times each training session. *During the next session use a different high sample. Use at least 30 different samples in total.*

- When they first alert to a live high blood sugar, the dogs will typically be less confident and more hesitant. If you see her being particularly interested in you and sniffing you, but not being confident enough to paw, then check your blood sugar and if you are high, prompt her to alert to you, then have a party.

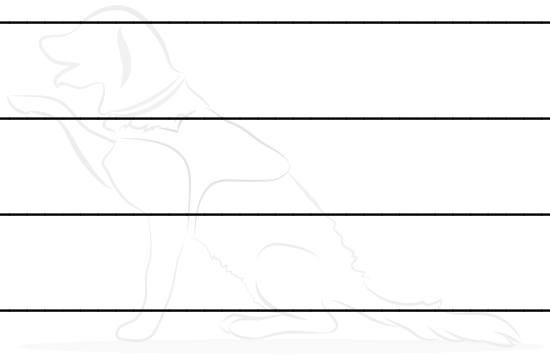
Step # 13

Location(s): _____

Training Date(s): _____

Time(s) Spent: _____

NOTES: _____



M.D. Dogs
Medical Detection

Step 14

Independent live alerts

Instructions:

Any time your dog alerts on her own, say “Let’s check”, and immediately check your blood sugar. If she has alerted correctly, have a Puppy Party! Then say, “All better”. If your blood sugar is normal, say “We’ll watch” and continue about your business. Recheck every 10 minutes for the next 30 minutes. If you go out of range during those 30 minutes, then you can ask her to alert again (“What is it?”) and have a party.

TIPS

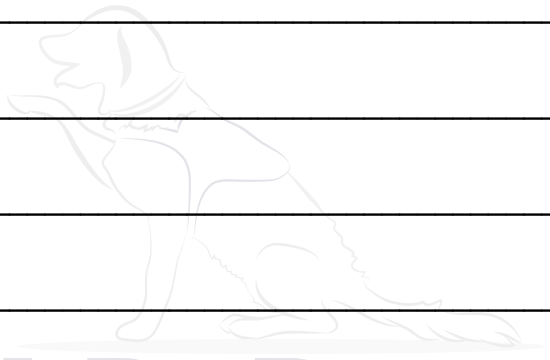
- Many dogs will start live alerting before you are able to get through all of the previous 13 steps. Do not stop progressing through the steps! Keep going through the steps, performing all the repetitions, in addition to rewarding for every verified live alert.
- If your dog correctly alerted, but your blood sugar level needs to be fixed immediately, say “Yes!” in an excited voice, quickly treat yourself, then have the Puppy Party. This communicates to the dog that their reward is coming, while making sure that you stay safe.
- “Let’s check”, “All better”, and “We’ll watch” all help to communicate with the dog. You can choose your own phrases instead of these, just be consistent.
- Sometimes glucose meters are incorrect – they only have to be within 20% of the correct reading. So if your dog is alerting persistently but the meter read that you were in range, wash your hands thoroughly and recheck just in case.

Keep track of every alert or missed alert for the first 6 months of regular live alerting. A log for live alerting is in the “Records” section of the workbook. This can show trends and ways to improve your dog’s alerting. (If you’d like to keep track on your phone, Google Sheets is very convenient and can be used on your phone or computer. Just create a log similar to the one in the records section.)

Step # 14 Location(s): _____

Training Date(s): _____ Time(s) Spent: _____

NOTES: _____



M.D. Dogs
Medical Detection

Pointers

- If you'd like to change your dog's alerting range (e.g. you want her to alert to 90 and below rather than 80 and below), follow Step 11 Part A, but place one sample of 90 in the scent wheel and leave the others blank. Revert back to rewarding for just a hesitation at the correct compartment, then gradually raise the criteria again. Repeat Step 11 Part C with the new levels.
- Switch up the 4 S's frequently - Sample, Situation, Stance, and Schedule.
- Sample: Don't always train with a sample of 80, practice with samples in the 50's, 60's and 70's as well.
- Situation: Practice everywhere you can think of – in the bedroom, in the bathroom, in the yard, in the car, in a train station, in a restaurant, in a school, at a fair, in a barn, etc.
- Stance: Practice in every position you can think of – sitting, standing, lying down on the bed, kneeling, lying on the ground, on a bench, while running, etc.
- Schedule: Practice at all different times of the day. If you practice scent training at just one time, the dog will false alert at that time of day as well as may not alert to live blood sugars because they won't expect it.
- Trust but verify. Trust that when your dog alerts, they are correct. However, do not reward unless your glucose meter can verify it. An example of 'trust but verify': Your dog alerts but your meter reads that you are in range. Rewash your hands and clean your finger with an alcohol wipe, then recheck to be sure the reading was accurate. Your dog won't always be right, that is normal! But never get frustrated or punish the dog for an alert that isn't correct. Just recheck every 10 minutes for 30 minutes.
- Always verify alerts with a glucose meter, not a Continuous Glucose Monitor.
- Different glucose meter brands seem to run higher or lower than others. Be sure to always use the same brand when verifying alerts.
- Always be mindful of contamination – wash your hands before and after handling scent samples or containers of scent samples. Also, if it drops on the floor, on your clothing, or anywhere

M.D. Dogs Medical Detection Dogs

else, there is contamination. Clean it up as soon as possible to prevent the dog from being confused.

- Your dog will likely alert to others' out of range blood sugar which often can be interpreted as a false alert. If it's someone you know well, you can test their glucose and if the dog is correct, give them a pat on the head and a verbal 'thank you', then move on. If you don't know who the dog is alerting to, just say "We'll watch" and move on. The goal is to teach the dog to only alert to your out of range blood sugars, not every stranger you pass as that will be frustrating for both you and the dog.
- Be realistic in your expectations. If you go to the dog park or somewhere very distracting, don't expect your dog to alert. If they do, fantastic! You have an incredible alerter! But don't be disappointed if your dog doesn't alert in a high distraction environment. That would be like asking you to take a test in the stands of a football game among the cheering, food, people squeezing by your seat, cheerleaders, and a band. Sometimes it's okay to let your dog be a dog.
- Not every dog will alert at night. But keep at it and be consistent. Try different sleeping locations, change the dog's daytime schedule, switch alerting methods, and talk to a trainer about your specific dog and situation before you say your dog just can't night alert. Watch the MD Dogs video on night alerting as well.
- Vary the treats your dog receives, even the high value treats. Dogs get bored of eating the same thing every day, so sometimes give your dog cheese, sometimes hotdogs, sometimes liver, etc. If it looks like your dog is losing excitement for alerts, it may be time to switch treats.
- Never reward the dog for a vocal alert. At the beginning of training your dog may get frustrated and bark when she is trying to alert but can't remember what to do. Stand still like a statue and do not say a thing. You do not want to encourage that behavior or it might become a habit and then will bark in public to alert which is not appropriate.
- Trim your dog's nails every few days to minimize the scratches on your leg once they begin to alert to live out of range blood sugars.
- Typically less talking is better. Except when rewarding or working with the scent wheel, or

M.D. Dogs Medical Detection Dogs

if the dog is clearly struggling, do not give your dog a command or any prompting to find the scent or alert to it. We want the dog to be confident in detecting and responding to it without verbal cues.

- After training Steps 11 and 13, regularly do a blind test. Place the positive sample (low or high) in the wheel. Have another person know where the positive is and spin the wheel with you out of sight. The other person must watch where the positive lands then ask you to enter the room. Have your dog check the wheel and when she alerts, the other person should tell you whether she is correct or not. The purpose of this is to eliminate the possibility that you are unknowingly giving body language cues to your dog, showing her where to alert. Since you don't know where the low/high sample is, you can't tell your dog where it is. If your dog fails this multiple times, return to previous steps as most likely your dog doesn't understand her job.
- The more frequently you train, the better your dog will detect the scent of low or high blood sugars. This is actually based on science. As you train your dog, exposing her to the scent of low/high blood sugar and rewarding her for it, her brain is creating more connections resulting in the olfactory receptors increasing in number. When her olfactory receptors increase, she is better able to detect the out of range glucose levels.
- After Step 13, when you introduce high blood sugars, repeat Steps 8, 9, and 12 but with high samples. This will solidify your dog's understanding of alerting to highs as well.

M.D. Dogs
Medical Detection

M.D. Dogs Workbook

Scent Games

M.D. Dogs
Medical Detection

Catch Me If You Can!

When?: After you have completed all 14 scent training steps and she is confidently pawing you to alert to low blood sugars.

Purpose?: To teach her to be confident in alerting you no matter your situation.

Pull out a scent sample and wait for her to alert. (Can also be done when you have a live low or high blood sugar).

When the dog alerts, mark and reward, but only once. Then the next time she tries to alert, hop backwards in a playful manner so that she misses and can't paw you. Then the next time, repeat it but hop back a little less and let her paw you. When she does, mark and reward.

Repeat this but start making it more difficult, running backwards from her, dodging her pawing behavior until she catches you. Make sure to always let her win after a few attempts and to keep it fun and upbeat with big rewards as soon as she does make contact with your leg. Do 8-10 repetitions before saying "All better" and ending the game.

M.D. Dogs
Medical Detection

Hide, Seek, and Alert

When?: After you have completed all 14 scent training steps and have practiced the Catch Me If You Can! game.

Purpose?: To teach her to be confident in alerting you no matter your situation.

After you've played the game, Catch Me If You Can! a few different times, you can make it more difficult by positioning yourself in more obscure locations as well as hiding when you open a scent sample or when your blood sugar is low or high.

Open a scent sample and wait for her to alert. When she does, mark and reward excitedly once. But then go to a weird location or stand in a weird position such as standing on your bed. Then wait for her to alert. Choose the positions you practice wisely, for example standing on your bed is a great way to practice night alerts. You can use this as an opportunity to teach her that she doesn't get a puppy party unless she physically makes contact with you, even if that means jumping on the bed. This will help ensure she is able to wake you up at night. At first she might just paw the bed, but that's okay. Wait for her to use her brain and figure out how to get to you, then as soon as she does mark and reward. When you reward, toss the treat on the ground away from the bed, so that she jumps off to get the treat, then has to use what she has just learned in order to alert again.

Once she is successfully able to alert you when you are standing somewhere that she can't reach, start visually hiding from her. Let her alert you once normally, then toss the treat on the ground away from you. While she runs to eat it, hide behind a slightly opened door (closet doors work great). She will have seen where you went, and that's okay. Wait for her to think about how to alert you. If she reaches her paw in or if she paws the door, reward and toss a treat out. Then wait for her to come back and alert again, then reward again. Repeat this until she is very confident and you can say "All better", and end the game.

Keep trying to think of new ways to challenge her alerting skills. The more you practice the better she will be at generalizing her alerting behavior so that she alerts no matter what you are doing or where you are!

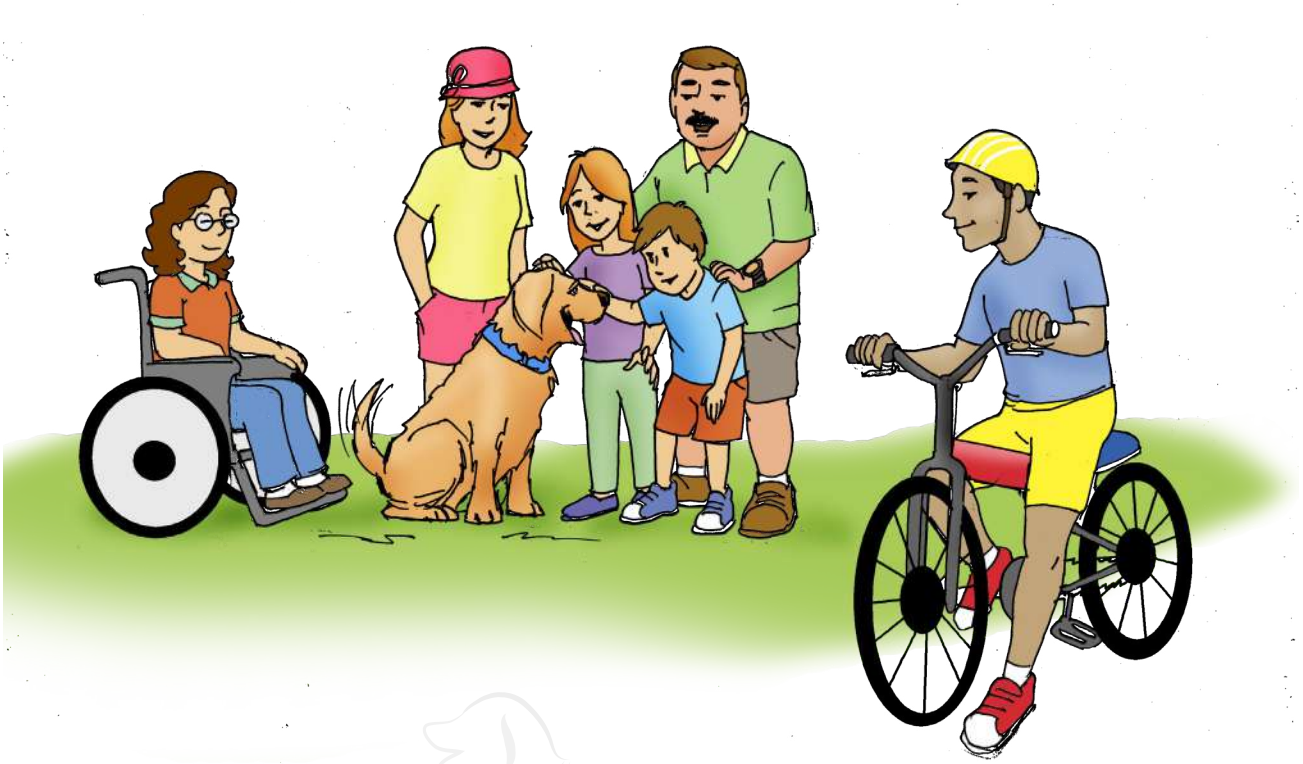
M.D. Dogs
Medical Detection

M.D. Dogs Workbook

Socialization & Public Access

The Difference Between Socialization vs Public Access Training

The difference between socialization and public access training is that socialization teaches your dog to be confident and curious, while public access training teaches her to ignore everything around her and focus on you. Begin with socialization and gradually add in public access training. As your dog matures and improves, add more public access training and decrease socialization training (a chart is on the page following this section). This schedule maximizes the puppy's critical socialization window, while also teaching her how to behave in public from an early age.



Socialization

Socialization is the process of exposing your puppy to various objects, people, places, and sounds, and teaching her to adapt in a way that builds confidence. The reason this is done with puppies is because they have a critical socialization period until about 4 months of age. This is why it is crucial to begin socializing your puppy as soon as you bring her home. It is still possible to socialize a dog after 4 months of age, but is exponentially more difficult and time consuming, and at that point some fears may be permanent.

To socialize your puppy, take her to pet friendly stores such as Lowe's, Home Depot, and Tractor Supply Co. Always ask if a store is pet friendly because some

M.E.D. Dogs Medical Education for Dogs

store policies vary by location. When you take your puppy out, practice some obedience commands and walk with her a little, but if she gets tired feel free to pick her up or place her in the cart if the store allows it. The primary purpose is to let her hear all the sounds, see big machines, see different people, and smell new scents.

Since you have a puppy, people will want to pet her! You can allow people to pet her if you choose, but you don't need to actively seek people out or ask them to give her treats unless she shows hesitancy. The goal at this age is to build her confidence and ensure everything that happens in these environments is fun and exciting.

If your puppy is scared or unsure of anything or anyone, practice the Jolly Routine (page 35 of *Puppy Steps*). For a checklist of exposure items, visit the Resources section in the back of this workbook.

When socializing, never put a vest on your puppy. When the puppy begins public access training, she will begin to wear the vest and naturally associate the vest with ignoring everything around her. If she wears the vest while being socialized, then the vest will not have this same association.

Public AccessTraining

Public access training entails taking your DAD in training into non pet friendly stores while she wears her vest. (Legally she does not have to wear a vest, but it is not fair to expect the public to treat your dog as a service dog if she is not labeled as such). Not every state in the United States gives service dogs in training and owner trainers public access rights. Check your state laws prior to taking your DAD in training in public. If your state does not give you and your dog those rights, that is okay. It is still very possible to prepare your dog for service work, it will just take more intentional trips to pet friendly stores rather than being able to practice public access training in any store. Do the same exercises and put your dog's service vest on, even though you are in pet friendly stores. (You can ask stores individually if they would allow you to train your dog in their stores as they will frequently give teams in training permission.)

Once your puppy knows the commands listed in the "Checklist Prior to Beginning Public Access" (page 74), you can begin her public access training. These trips should be very short at first (5 minutes or less) and consist of heeling into the store, performing a few commands, perhaps walking around a little, and then leaving. The reason for this length is to keep it so short that your pup just gets a glimpse of public access training, and wants more at the end.

MD Dogs Medical Detection

Throughout the entire time actively engage your dog. Now is not the time to pick up the groceries your forgot to buy earlier. Focus solely on your puppy. When heeling, praise her and give her treats for watching you and ignoring everything around her. Your eyes should be on her the entire time at this stage and the second you see her sniff something or attempt to pull at the leash, respond by becoming more engaging so that you are so much more exciting than the items on the shelf or crumbs on the ground. If she learns that she is allowed to sniff objects, eat food, and not focus on you, then she will not be paying attention to your blood sugar levels, which is the reason she is with you.

As your pup succeeds, begin to gradually increase the duration of public access trips. And as your pup becomes more experienced (after a few months usually) you can also decrease the constant engagement with her and begin to focus on shopping, but always revert back if you notice your dog's behavior in public declining.

Starting public access training with short but focused sessions when your pup is young, results in a dog that has never known anything other than public access and thinks that you are the only person in the world that matters.

M.D. Dogs
Medical Detection

Socialization and Public Access Schedule

When your puppy is 8 weeks old socialization trips should typically be 10 minutes or less and every week thereafter can be about 5 minutes longer. Similarly, at 10 weeks the public access trips should be 5 minutes or less, and every week thereafter can be 5 minutes longer. By 16 weeks, socialization outings can be up to 50 minutes and public access trips can be up to 35 minutes. If your puppy ever seems overwhelmed or is not enjoying socialization or public access outings, stop both socialization and public access and seek a trainer in your area to help.

Below is an example of the amount of socialization to public access trips a DAD puppy can experience as she matures.

8 WEEKS
Socialization – Lowe's
Socialization – Tractor Supply Co
Socialization – Farmer's Market

9 WEEKS
Socialization – Home Depot
Socialization – Southern States
Socialization – Car dealership

10 WEEKS
Socialization – Family reunion
Socialization – Outdoor restaurant
Public Access – Lowe's

11 WEEKS
Socialization – 4 hour road trip
Socialization – Outdoor restaurant
Public Access – Ross Dress for Less
Public Access – Kroger

12 WEEKS
Socialization – 5 hour car ride
Socialization – Tractor Supply Co
Public Access – Toys R Us
Public Access – Panera

13 WEEKS
Socialization – Outdoor concert
Socialization - Lowe's
Public Access – Lowe's
Public Access – Airport lobby

14 WEEKS
Socialization – Vet appointment
Public Access – Starbucks
Public Access – Panera
Public Access – Outdoor restaurant

15 WEEKS
Socialization – 10 hour car ride
Public Access – Indoor mall
Public Access – Starbucks
Public Access – Whole Foods

16 WEEKS
Socialization – Farmer's Market
Public Access – Restaurant
Public Access –Walmart
Public Access – Kroger
Public Access –Indoor mall
Pass AKC's Canine Good Citizen

M.D. Dogs
Medical Detection

Stress Signals

Public access is very difficult on a dog so it is important to always be watching for stress signals that communicate your dog is uncomfortable. Puppies and adolescents go through fear periods; during these times they will show more uncertainty and it is imperative to recognize these signals and work the dog through their uncertainty rather than try to push through it without building up their confidence, as that can cause a dog to be too afraid in public to do its job.

Below are the signs to be aware of. Many of these behaviors can occur in situations other than when the dog is stressed as well, so don't panic if you notice these behaviors. Continue watching your dog closely and when you see the dog demonstrating the behaviors frequently or in specific situations, counteract the fear. Some fears cannot be overcome, but if you are able to recognize and address these stress signals at the beginning, you will decrease the likelihood that the dog will need to be washed out from DAD training.

Stress signals are not always bad, they can be a coping mechanism and demonstrate that a dog is thinking. For example, some of the stress signals occur prior to an alert, called prealerts. Stretching and yawning are the two most common prealerts. If your dog does these behaviors prior to an alert, this is normal. But in general, just be aware of stress signals and if they are frequently occurring in certain situations then work with your dog to make it a positive experience and overcome the fear.

SHAKING OFF – Sometimes a dog needs to shake off to readjust her vest or set her fur back in place. But if a dog shakes off at what appears to be random times, it may be a sign of stress.

YAWNING – If a dog has been sleeping or resting for a while, a yawn or two is normal. But if she yawns when she has not been resting recently, she may be unsure of something around her.

LIP LICKING – Lip licking may occur when you give your dog treats for good behavior, but if it occurs when no treats have been given recently, it may be a sign of stress. This signal is generally demonstrated when she is stressed about one thing in particular rather than public access as a whole.

M.D. Dogs
Medical Detection

SCRATCHING – An occasional scratch is normal, but if the dog stops walking to scratch, scratches while walking, or repeatedly scratches while under a table, she is likely stressed. This behavior is usually shown when she is stressed about public access in general rather than stressed about one particular object.

STRETCHING – Sometimes stretching will occur after the dog has been sleeping or in tight quarters, purely to extend their muscles. But it is also one of the most common stress signals and will also occur when the dog is unsure of the situation, or as a pre-alert.

PANTING – If it is hot outside, the dog has a thick coat, or the dog has been active then panting can occur without being a sign of stress. If your dog does not normally pant, but pants frequently when in public, it is likely a sign that she is uncomfortable in public.

TREMBLING – If a dog is trembling when in public, she is very stressed and should likely not be considered as a DAD candidate. While it is possible to overcome some stress, it would be prudent to use a different dog because a DAD needs to have confidence in all situations, despite constant stressful experiences. Trembling is such an extreme stress signal that it may be difficult to completely overcome and have the dog alert reliably and truly relax in public.

WHINING – A service dog should be silent in public; if it whines then it may be a sign that it is stressed. Whining could also be a way to communicate that it needs to relieve itself or is a pre-alert. Be careful to not encourage whining as a way to communicate anything, but if you do notice it and think it is a stress signal then be sure to try to counteract it.

BARKING – A service dog should not bark in public. If the dog barks, it may be because it is unsure about something. Typically this is in response to a particular object or sound.

DROPPED OR TUCKED TAIL – The goal is for public access to be fun for the dog, so it's ideal if their tail is raised because

M.D. Dogs Medical Detection

they enjoy working. If the dog's tail is dropped, it may be a sign of stress. Often this will not cause a dog to be washed out of Diabetic Alert Dog training, but if you can notice it and counteract it from the beginning by making public access a fun and positive experience, then the dog will likely learn to love public access work.

SNIFFING GROUND – A service dog should not sniff the ground or objects while vested. If a dog begins to sniff after being trained not to, it may be a way to cope with the stress of public access work. If the dog is sniffing in places such as the meat aisle, then it is likely not stress and she just needs some additional leave it practice ☺

DROOLING – Some breeds naturally drool in all situations. If that's the case, this would not be considered a stress signal. But for the majority of breeds, drooling is a signal of stress. Drooling would typically be in response to public access in general rather than one specific object/sound/etc.

M.D. Dogs
Medical Detection

Public Access Guidelines

- The dog should be on the ground at all times. It should not be in a cart, held, carried, on a chair, etc. This is a courtesy to those around you. A dog should not be in the cart because that's where people put their items and some may not appreciate dog fur or placing items where dog feet have been. The Americans with Disabilities Act FAQ says that service dogs can be carried if it's a dog that detects scents on the breath and it gives the example of a DAD. However, a DAD does not need to be that close to alert and it is unprofessional for the dog to be carried, even if it is small. Small service dogs need to have the same high standards as large service dogs.
- Your goal is to have your dog go unnoticed. She should be silent, well groomed, and well behaved at all times.
- Some people may challenge your access rights. If you are in a public place, your dog is fully trained (or in training and you are in a state that allows in training service dogs access), and your dog is being well behaved, then you have the right to enter that business. However, even with access issues, always be professional and courteous. Do not raise your voice, yell, or get worked up. Try to show or explain the Americans with Disabilities Act or state laws and if that does not work, calmly offer to call the police to have the issue resolved. The key is calmly. You are representing all service dogs. When service dog handlers yell and threaten to sue businesses, we are actually hurting ourselves because then the businesses become so wary of service dogs that they fail to ask anyone about any dog brought into their business, so we are just enabling fake service dog teams to enter more easily.
- If your dog ever shows aggression of any type or relieves herself in public more than twice, remove your dog from all public access training until you are able to understand and fix the behavior entirely.
- Always have a non-retractable leash on your dog. The dog can be off leash if it interferes with their task but if your dog is just trained to be a DAD a leash does not interfere.
- A service dog should never interfere with items or people around her. She should never be sniffing items, the floor, or people, or soliciting attention. Her attention should always be on her handler.

M.D. Dogs
Mental Disability

Checklist Prior to Beginning Public Access

Before beginning any public access training, your puppy should know at least the following commands with 90% success rate, both at home and in pet friendly stores.

- ☐ Sit
- ☐ Down
- ☐ Sit Stay (Distance - 5 feet)
- ☐ Down Stay (Distance – 5 feet)
- ☐ Come (Come and sit in front of me)
- ☐ Heel (Walk at my left side on a loose leash)
- ☐ Close (Sit at my left side)
- ☐ Place (Duration – 30 seconds)
- ☐ Watch Me (give me eye contact)
- ☐ Leave It
- ☐ Get Dressed
- ☐ Powder Your Nose (relieve herself)

Use lots of treats and praise during public access training. Your puppy should think that you are the only thing that matters in public because you are far more fun than the environment around her!

Always make sure your puppy relieves herself prior to entering a store. If your puppy is less than 4 months old and doesn't relieve herself prior to going in a store, do not enter the store in order to minimize the risk of an accident. (If going on a socialization outing this is still a good idea, but because your dog isn't labeled as a service dog and you would be entering a pet friendly establishment it is not as essential.)

Remember: Anytime you are out with your pup in a vest (or in a non pet friendly place), you are representing all service dogs. Be respectful of the rights you are given and ensure your puppy is professional at all times. If you are unsure if your puppy is being professional, leave the establishment and continue practicing at home and in pet friendly stores to solidify her obedience before labeling her as a service dog in training.

M.D. Dogs
Medical Detection

Checklist of Total Obedience Commands

A DAD should be inconspicuous and out of the way when in public. This is a list of suggested commands your DAD should know by the completion of training so you can keep her safe and be respectful of the public.

- ☐ Sit
- ☐ Down
- ☐ Stand
- ☐ Sit Stay (distance – 25 feet)
- ☐ Down Stay (distance – 25 feet)
- ☐ Stand Stay (distance – 5 feet)
- ☐ Come
- ☐ Heel (walk at my left side, sit when I stop)
- ☐ Close (sit at my left side)
- ☐ Side (sit at my right side)
- ☐ Between (sit between my feet)
- ☐ Front (down between wall and my feet)
- ☐ Behind (down between a wall and my heels)
- ☐ Go On (walk in front me)
- ☐ Follow (walk behind me)
- ☐ Place (duration – 4 hours)
- ☐ Watch Me
- ☐ Leave It
- ☐ Touch
- ☐ Under
- ☐ Paws Up (front two paws on object)
- ☐ Get Up (back two paws on object)
- ☐ Get Dressed
- ☐ Break
- ☐ Off
- ☐ Powder Your Nose (relieve herself)
- ☐ Chill (put chin on my foot)
- ☐ Get Juice
- ☐ Get the Meter

M.D. DOGS
DIABETIC ALERT DOG PUBLIC ACCESS TEST

DOG NAME: _____ DATE OF TEST: _____

DOG BREED: _____ LOCATION OF TEST:

DOG'S D.O.B.: _____ _____

HANDLER NAME: _____ EQUIPMENT USED:

EVALUATOR NAME: _____ _____

EVALUATOR CREDENTIALS (IF ANY): _____

_____ _____

FINAL RESULT (PLEASE CIRCLE ONE): PASS FAIL

INTENT: This test evaluates whether a service dog team is professional and courteous to those around them, as well as safe.This test also evaluates whether the dog is able to alert to out of range blood sugars while in a distracting environment to show that the dog is capable of aiding its handler and should be given public access rights.

WHEN TO TAKE THE TEST: The dog should be at least 12 months of age. You can practice these exercises with your dog prior to 12 months of age, but be sure to take the entire test after your dog has reached 12 months in order to demonstrate that your dog is mature and capable of being a fully trained service dog.

DISQUALIFICATION: Any dog that demonstrates aggression of any type (growling, biting, raising hackles, showing, teeth, etc.) will be disqualified. Additionally, a dog that relieves itself in an inappropriate area or is not under control will be disqualified.

LOCATION: This test is should be performed in a public setting such as a mall where there are a lot of people and natural distractions.

TESTING EQUIPMENT: The individual will handle the dog and can use any reasonable/humane equipment necessary to ensure his/her control over the dog. The only things an evaluator needs are a clipboard, a low blood sugar sample, a plate of food, and access to a shopping cart.

EVALUATOR: The evaluator would ideally be an experienced service dog trainer during which he/she will follow discreetly to observe when not directly interacting with the individual on a test related matter. If an experienced service dog trainer is not available, then any person can act as the evaluator, but the entire test should be videoed in order to demonstrate as proof that the dog passed the test. Even if the evaluator is an experienced service dog trainer, videoing the entire test is a good way to prove your dog is a fully trained service dog if evidence is needed.

ADDITIONAL EXERCISES: You may include additional exercises to this test in order to further demonstrate the extent of your dog's training (e.g. elevators, bus rides, etc.). However avoid anything dangerous such as escalators and complete this entire test in order, prior to including additional exercises.

SCORING: The team must receive a total score of at least 60 in the exercises ranked on a scale of 1 - 5. Of those exercises, the team must always score either a 4 or 5. Of the Yes/No question, the team must score a Yes in 80% of the exercises. If there is an asterisk the team must receive a score of Yes.

LIVE ALERTS: If the dog alerts to an unplanned, live blood sugar during the test, usual protocol should be followed and the rest of the test should then be administered. The camera should continue recording throughout the entire process. The results of the alert should not be considered when determining whether the team passed.

M.D. Dogs Medical Detection

1. EXITING THE VEHICLE The handler will put the necessary equipment on the dog and then release the dog from the vehicle. Once outside, the dog must wait patiently until the handler is ready to go. The dog must be on a leash, obey commands, and be kept safely away from potential traffic.
2. PARKING LOT After exiting the vehicle, the team must walk across the parking lot towards the building. The dog must be in a relative heel position and remain calm and confident. When the individual stops the dog must stop as well (the dog may sit or stand).
3. ENTERING THE BUILDING The team must maneuver the doorway of the building in a manner that does not disrupt other customers and is safe for both the dog and handler. The dog may not seek attention from others and should wait patiently until the handler enters the building, if necessary.
4. WALKING THROUGH BUILDING Once past the doorway, the dog must begin heeling through the building with the handler. The dog must be within two feet of the handler at all times, must not seek attention from those around them, and must readily adjust to changes in speed and direction. The dog may be on either side of the handler, as long as it remains consistent throughout the test. The handler may talk to the dog and reward when necessary.
5. STARTLE RESPONSE While the team is walking through the building, the evaluator will drop a clipboard next to the dog, on the opposite side of the handler. The dog may acknowledge or startle at the sound, but must recover quickly and never demonstrate any aggression or extreme fear.
6. DROPPED LEASH While the team is walking through the building, the handler must drop the leash. The team must walk for at least 10 feet with a dropped leash to demonstrate the handler continues to have control over the dog. The handler may talk to the dog in order to encourage it to maintain position, but the handler may not use a treat during this portion.
7. RECALL In a large, open area the handler will place the dog in a sit stay, walk approximately 6-10 feet away, turn to face the dog, and call him or her. The dog must respond promptly without becoming distracted. When the dog reaches the handler he or she must sit in front of the handler. The handler may praise the dog, then must have the dog return to heel position and continue walking through the building.
8. RESTAURANT The team should enter an eating establishment – a restaurant or food court – and find a seat. The dog should go under the table or, if size prevents that, lay down next to the handler, out of the way. The dog must

M.D. Dogs
Medical Detection

remain relaxed throughout the meal, though may move a bit for comfort. The dog should not be up and down or need repeated instructions during the meal. This would be a logical time to test leaving dropped food (Exercise 9)

9. LEAVING DROPPED FOOD With the dog in a down at an eating establishment, the handler should drop at least one piece of food on the floor within 1 foot of the dog. The dog should not eat or sniff the food, or break the down position. The handler may give a verbal command to tell the dog to leave the food.

10. LOW BLOOD SUGAR ALERT A low blood sugar sample should be opened or rubbed on the handler's skin at some point during the test when the dog cannot see or hear it being done. In response, the dog should give a proper paw alert on the handler, without barking or hyperactivity. The dog should alert within 5 minutes of the sample being opened, without any prompting from the handler. The sample should be within 6 feet of the dog for the entirety of the time the sample is exposed. When the dog alerts, the handler should reward appropriately. (A good time to do this exercise is during the restaurant, #8.)

11. SIT NEXT TO FOOD A plate or pile of food should be placed on the ground. The dog should heel next to the handler as they walk up to the food. The handler should then ask the dog to sit next to the food, and the dog must comply without attempting to sniff or eat the food. The team should then begin to heel past the food, turn around, and walk up to the food again. The dog should be asked to sit again, and then they should continue walking past.

12. SIT WITH SHOPPING CART With the dog in heel position at the handler's side, the evaluator will push a shopping cart around the dog, within three feet. The dog should maintain the sit without showing any fear. The handler may verbally remind the dog to continue sitting.

13. DOWN WITH SHOPPING CART This exercise will be executed in the same manner as the "sit with shopping cart" exercise, but with the dog in a down position.

14. PERSON APPROACHING The dog should be placed in a sit or down and a stranger should walk up to the team, greet the handler, then begin to pet the dog for 10-30 seconds. The dog should remain under control, the handler may give additional commands to the dog. When the stranger leaves, the handler must have the dog return to heel position.

M.D. Dogs
Medical Detection

15. OUT OF SIGHT To show the dog can be handled by another person without aggression or excessive stress, someone must passively hold the dog's leash (not giving any commands) while the handler goes out of sight for 2 minutes. The person holding the leash can be the evaluator if needed.
16. EXITING THE BUILDING The team will leave the building in the same manner as entering. The team will walk across the parking lot back to the vehicle. The dog must remain in heel position and be confident and calm.
17. ENTERING THE VEHICLE The dog must wait patiently outside the vehicle until commanded to enter. The dog must not show any avoidance or hesitancy when entering the vehicle. If the dog is too small to enter the vehicle independently, it may be placed into the vehicle by the handler.
18. TEAM DYNAMIC A Diabetic Alert Dog team must have a positive and close relationship. Both the handler and dog should be relaxed; the handler should give positive reinforcement for the dog's good behavior; the dog should be under control at all times; and the team should present a positive image to the public.

The M.D. Dogs' Public Access Test is based off the May 2014 ADI Public Access Test, with modifications to reflect M.D. Dogs' specific training and requirements. To learn more about ADI, please visit: www.assistancedogsinternational.org

M.D. Dogs Medical Detection

1 = Never
2 = Occasionally
3 = Sometimes
4 = Usually
5 = Always

Public Access Testing

1. EXITING THE VEHICLE

The dog waited in vehicle until released. ☐ YES ☐ NO
The dog waited patiently outside vehicle without pulling on leash. ☐ YES ☐ NO

2. PARKING LOT

The dog stayed in relative heel position. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The dog was calm around traffic.* ☐ YES ☐ NO
The dog stopped when handler halted. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. ENTERING THE BUILDING

The dog waited quietly at the door until they entered. ☐ YES ☐ NO
The dog waited on the inside until able to return to heel position if applicable. ☐ YES ☐ NO
The handler ensured the dog's safety while opening and closing the door.* ☐ YES ☐ NO

4. WALKING THROUGH THE BUILDING

The dog was within two feet of the handler. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The dog ignored the public and remained focused on handler. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The dog adjusted to speed changes. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The dog readily turned corners without begin jerked or tugged. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The dog comfortably maneuvered through tight quarters. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. STARTLE RESPONSE

The dog showed no aggression.* ☐ YES ☐ NO
The dog recovered quickly. ☐ YES ☐ NO

6. DROPPED LEASH

The handler maintained control and retrieved the leash.* ☐ YES ☐ NO
The dog continued to heel. ☐ YES ☐ NO

7. RECALL

The dog stayed, then responded readily and came directly to handler.* ☐ YES ☐ NO
The dog sat in front of handler, within touching distance. ☐ YES ☐ NO
The dog remained focused on handler. ☐ YES ☐ NO

M.D. Dogs
Medical Detection

1 = Never
2 = Occasionally
3 = Sometimes
4 = Usually
5 = Always

8. RESTAURANT

The dog is out of the way and ignores those passing by.* ☐ YES ☐ NO
The dog maintains a down position and is quiet.* ☐ YES ☐ NO

9. LEAVE DROPPED FOOD

The dog remained under control without repeated corrections.* ☐ YES ☐ NO

10. LOW BLOOD SUGAR ALERT

The dog alerted calmly, clearly, and professionally within 5 minutes.* ☐ YES ☐ NO
The dog did not bark or cause a disruption while alerting.* ☐ YES ☐ NO

11. SIT NEXT TO FOOD

The dog responded promptly to the command to sit. ☐ YES ☐ NO
The dog remained under control without repeated corrections.* ☐ YES ☐ NO

12. SIT WITH SHOPPING CART

The dog responded promptly to the command to sit. ☐ YES ☐ NO
The dog remained in position without showing fear or shying away. ☐ YES ☐ NO

13. DOWN WITH SHOPPING CART

The dog responded promptly to the command to down. ☐ YES ☐ NO
The dog remained in position without showing fear or shying away. ☐ YES ☐ NO

14. PERSON APPROACHING

The dog responded promptly to the command to sit. ☐ YES ☐ NO
The dog remained in position without showing fear or being overly excited. ☐ YES ☐ NO

15. OUT OF SIGHT

Another person can take the dog's leash and handler can go out of sight without any aggression or extreme stress on the part of the dog.* ☐ YES ☐ NO

M.D. Dogs
Medical Detection

1 = Never
2 = Occasionally
3 = Sometimes
4 = Usually
5 = Always

16. EXITING THE BUILDING

The dog stayed in relative heel position.	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The dog was calm around traffic.*	☐ YES ☐ NO
The dog stopped when handler halted.	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

17. ENTERING THE VEHICLE

The dog waited until commanded to enter vehicle.	☐ YES ☐ NO
The dog readily entered vehicle.	☐ YES ☐ NO

18. TEAM RELATIONSHIP

When the dog did well, the handler praised the dog.	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The dog is relaxed, confident, and friendly.	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The person kept the dog under control.	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The dog was able to work for only occasional treats or no treats.	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
The handler treated the business and customers with respect regarding the service dog.	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

M.D. Dogs
Medical Detection

Flying with your Service Dog

Flying with a service dog can be nerve wracking! There are many aspects to consider and it takes a lot of preparation. But with a well trained dog, it will be much easier.

PACKING LIST

- ☐ Travel bowl
- ☐ Empty water bottle (can fill up after security)
- ☐ 1 serving of food (in case luggage doesn't arrive on time)
- ☐ Place blanket (the floor of the plane gets very cold)
- ☐ Toy (to occupy her if necessary)
- ☐ Pick up bags
- ☐ Wipes (in case of an accident – best to be prepared!)
- ☐ Leash
- ☐ Collar
- ☐ Vest
- ☐ Copies of health records (I've never needed them but like to have them in case)

PREPARATION

Practice having your DAD lay down in small spaces for long periods of time, such as the floorboard of your car. This will help prepare her for laying underneath the seat in front of you on the flight.

48 hours before the flight call the airline to inform them that you have a service dog with you. You do not need a doctor's note if your dog is a DAD as a doctor's note is only required for Emotional Support Animals and Psychiatric Service Dogs. Read the airline's requirements for Service Dogs - some require a vest or other identification to be on the dog. Keep in mind that airlines are not required to follow the ADA, instead they follow the ACAA (Air Carrier Access Act). Because of this, they are not required to accept Service Dogs in Training. Also, some airlines require health records to be submitted 48 hours prior to departure. For more details about the laws regarding air travel, read the ACAA.

You may request bulkhead seating if you'd like, however I have found that my dogs are often more comfortable in regular seating. You are not required to pay a pet fee because your dog is a service dog, however you may not request an extra seat if your dog is too large, you would have to purchase another ticket.

Limit your dog's food and water intake 12 hours before.

M.D. Dogs Medical Detection

Prior to leaving for the airport, exercise her to get any energy out.

Before you go through security, make sure that you take your dog outside to relieve herself one last time.

SECURITY

When going through security, you are not required to take off your DAD's gear. However if your dog keeps the gear on and causes the metal detector to sound, then a TSA agent will pat her down. I find that this is distracting for the dogs and takes a bit of time. Instead, I prefer to take all or almost all of my dog's gear off.

I remove my dog's gear (vest, collar, leash, etc.) and have her heel off lead with me as as I move my belongings up to the x-ray machine. When it is our turn, I put my dog in a sit stay then I walk through the detector. As long as it does not sound then I call my dog through the detector. I then ask her to heel as we walk to have my hands swabbed (this is required for Service Dog teams). She stays in a sit by my side while my hands are swabbed and when we are finished then she heels with me to gather my belongings and put her gear back on.

As you walk through the airport, be particularly mindful of luggage that is hanging off of someone's shoulder that may bump into your dog, or bags that are being rolled behind someone. Travelers are particularly unaware as they are often stressed and in a rush, so be sure to be the one to watch out for your dog's safety. Also watch out for the pets and emotional support dogs in airports that have not been properly trained.

ON THE PLANE

At the gate you may ask to pre-board which can help because you can get seated and have your DAD get situated without being rushed by others behind you or squeezing by the other people in your row.

If there is a passenger next to you, always ask the if they are afraid of or allergic to dogs. I have never had a problem yet, but it is a courtesy to check with them, and if there is a problem they can request to have their seat changed.

Take off and landing are the most stressful parts of flying, as the dogs don't understand what is going on. Remind her to stay and quietly and calmly praise her throughout to let her know she's okay.

During the flight it's best to not have your dog chew on a toy, but if it's needed to keep her calm then it's better than having her be restless and draw attention. Try to choose something that is quiet – not a loud bone that she will be gnawing on. While airplanes are loud, the goal is still to have your dog be invisible.

M.D. Dogs Medical Detection

I have had dogs that sleep through entire flights, but I've also had dogs that sleep through then suddenly pop up as if they are in pain. We aren't entirely sure of the effects of air pressure changes, but I think some dogs are affected by it. If your dog jumps up or seems to be in pain suddenly, rub her ears and praise her until she is able to lay down again.

When leaving the plane, it's much easier to wait until most passengers have left. This lets you avoid the rush of people trying to get to their next flight who may not see your dog and injure her. If you need to get somewhere quickly, then just be aware of your dog's position at all times and do your best to keep others from stepping or bumping into her.

After you de-plane, before you pick up your luggage it's best to take your dog outside to relieve herself. Usually there are a few minutes of waiting before the luggage is unloaded, so it's not a rush and this will give your dog relief and you relief knowing she won't have an accident inside!

M.D. Dogs
Medical Detection

Going to School with Your Service Dog

Below are tips about going to school with a service dog. These are not all necessary, however they are suggestions for how to make it go smoothly.

- First contact the disability office at your school or your instructors, to request an accommodation so you are able to bring your service dog. If your dog is still in training, look into your state laws to determine if in training dogs are given access rights with self training handlers.
- If the dog is for a young child who is not able to handle the dog yet, the school is not required to provide a handler for the dog. Because of this, sometimes it's better to have the dog stay at home during the day until the child is old enough to handle the dog.
- Only take your dog when you are absolutely sure she can lay down and be completely silent for the length of your class. If for any reason the dog becomes disruptive, immediately remove her from the classroom. The class should never suffer because of your service dog.
- To introduce your DAD to attending class, start by bringing her to just one class each day. Then gradually add in additional classes when you see that she is succeeding.
- If the classroom floors are hard and do not have carpet, a place blanket can make her more comfortable and less restless because hard floors can be cold and difficult on their joints.
- Do not allow people to pet the dog, otherwise you will never get anywhere!
- Before your first classes, visit the classrooms to determine how to best prepare for class as well as where your dog will be placed. Certain chairs are particularly difficult to fit a dog under, so you may need to sit next to a wall or other barrier to keep her

M.D. Dogs Medical Detection Dogs

out of the way. Additionally, find locations nearest to the building where you can take her to relieve herself before and after each class, as well as the nearest trash cans.

- Sitting in the same seat or same general area is considerate to others. This allows someone who is allergic or who has a fear of dogs to intentionally sit furthest from you without being confrontational or causing a disruption.
- Going to school can be incredibly stressful for a dog – there are people everywhere, students may be rushing to another class and bump into her or step on her tail, there are bags hanging that sometimes bump into her, doors are being opened towards her, potentially squishing her paws, food is often eaten around her, and on top of all this the handler is asking the dog to be on her best behavior and perform her tasks. Because of this it is incredibly important to pay close attention to your dog's body language while at school. I want my dog's tail to be up, for her to be happy, and to be focused. Of course as she goes throughout the day she may get tired and that's okay, but I pay attention to that and make sure the experience is positive. If she looks like she is stressed, give her more treats and praise, and possibly a break. Then when you get home evaluate the situation to determine if perhaps she should only attend shorter periods of school or even not attend. Not every dog is capable of attending school with you.
- A school day is often incredibly long. Make sure to give her breaks throughout the day. I always let my dogs have a lunch break – when I eat lunch I sit outside when possible and take off her vest to play tug or fetch. Even if it's just for 3-5 minutes, it will let her brain have a break and prevent her from dreading school (I wish this worked for me too!).
- It is the handler's job to protect the dog. Sometimes, especially in middle school and high school, students may bark at the dog, pull her tail, etc. You must pay attention to your surroundings and the second you notice this,

M.D. Dogs Medical Detection

stand up for your dog. Even if you are a non confrontational person, not addressing these behaviors is the fastest way to have your dog hate going to school and become afraid of crowded areas. This will cause your dog to fail as a DAD, even after all the training you have put into her.

- When you are in class and your DAD alerts, verify the alert and if she is correct, have a puppy party. But puppy parties should be much different than your puppy parties at home. Give high value treats and petting behind the ears, but don't be overly active and don't verbally praise her unless you leave the room. Soft, high value treats are best so that the chewing won't be too loud to distract others. It's important to balance the training of your DAD with respect for those around you as even after an alert, the goal is for your dog to be inconspicuous.
- The majority of classes are appropriate for a DAD to attend. However, if you are enrolled in a laboratory that will involve harsh chemicals, dangerous conditions, little space, or overwhelming scents, you may want to leave your DAD at home for her safety. Discuss this with your professor or disability office to determine the best situation to keep both you and your DAD safe.
- If your DAD attends school with you during day, she will need a long nap in the afternoon if you want to try to teach her to alert at night. Dogs need a lot of sleep and attending school is exhausting.

M.D. Dogs
Medical Detection

Going to Work with Your Service Dog

Because the workplace is not considered a place of public accommodation, the protocol surrounding service dogs is different.

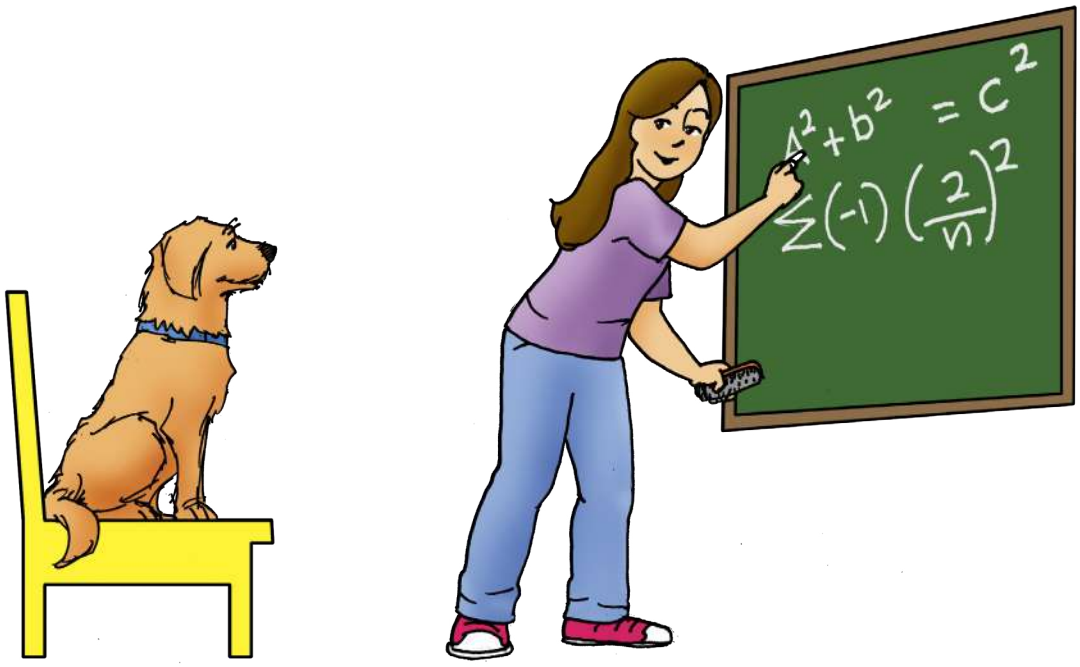
Title 1 of the Americans With Disabilities Act (See "Resources" to read more about it and other laws regarding service dogs) details employment provisions. However, under title 1 there is no definition for a service animal and it does not give guidelines for employers to follow. As a result, an employee must request a reasonable accommodation to have a service animal and it should be processed the same as any other reasonable accommodation request. The reasonable accommodation is the request to have an exception to a typical no pets policy. An employee may request to have a service dog, service dog in training, or even an emotional support animal in order to meet the individual's need. However, the workplace may request documentation, make suggestions, and does not have to accept the request. If there is not a no pets policy in place and other employees bring pets into the workplace, then a reasonable accommodation request is not required.

In general, employers should provide this accommodation. However, the ADA does allow employers to choose among effective accommodations, so technically an employer may choose a different type of solution. However, especially for a task such as diabetic alert, another solution is not a possibility so a reasonable accommodation should usually be made. But for a handler requesting this accommodation, this means that you should explain the task the dog does in order to show that another accommodation is not possible.

Unlike public accommodations, employers do have the right to ask for documentation regarding the service animal. This means they are permitted to ask for a doctor's note, trainer's note, or if the dog was self trained for a demonstration that the dog is capable of handling a work place environment.

It's important to know the laws prior to requesting your service dog accompany you to work, but remain respectful and patient if you need to educate your employer about the laws. Remember that the workplace is not a place of public access, so the laws regarding it are different and your employer has the right to ask for proof, documentation, etc.

MD Dogs Medical Detection



When to Consider Your Dog a Fully Trained DAD

There are two parts to having a DAD – the public access training and the scent training. To consider your DAD completely fully public access trained, complete the Public Access Test. No dog will be perfect 100% of the time, but a fully public access trained Service Dog should be perfect about 95% of the time. This means no sniffing, no soliciting attention, always focused on her handler, etc.

For scent training, reliably keep a log of your dog's alerts. When your dog is correctly live alerting 70% of the time or greater, for at least 5 weeks, then you know her live alerting is pretty stable. But for an even clearer picture of her understanding, perform a double blind scent wheel test. When she correctly indicates the low sample out of at least 3 total samples at least 90% of the time, then it's clear she knows what she should be alerting to.

When your dog has passed the public access test, is live alerting 70% of the time correctly, and can perform 90% on a double blind scent wheel test, it is safe to consider her a fully trained DAD and remove her "in training" patches or identifiers. This is not a legal requirement, however if you follow this suggestion, your dog's validity will not be questioned if you can prove it. For this reason, I recommend videoing the double blind scent wheel tests and the public access test and storing them for record keeping purposes.

M.D. Dogs Medical Detection

When To Wash Out A Diabetic Alert Dog In Training

A “wash out” is a dog that is determined to not be suitable as a public access Service Dog any longer. Many dogs are not capable of being a service dog, it is hard work and takes an intelligent, driven, and yet people pleasing dog. Always talk to a professional trainer prior to making the decision to wash out your DAD in training, as some behaviors can be fixed with the right approach. If the behaviors continue, but the dog successfully alerts to out of range blood sugar levels, you can continue scent training so she can be an in home service dog.

Below are a few reasons why a DAD in training might wash out.

Human Aggression or Protection

(If a dog shows any aggression – at home or elsewhere – stop all public access training and visit a trainer. Aggression involves growling, snapping, or biting a person for any reason. A service dog must be able to handle difficult situations without demonstrating aggression. If a child comes up to your dog unknowingly and pulls her ears, tail, gets in her face, or sends all the wrong signals to the dog, a service dog still must tolerate it or avoid the situation some other way. But aggression should never be the way the dog handles the situation. This is because we cannot predict everything that happens in public, and the public may not be put at risk.

Service dogs also cannot be protective of their handler. If your dog shows signs of being protective, consult a service dog trainer quickly and pause all public access training. If an emergency situation were to occur and a medical team could not get to you because your dog was protecting you, it could be dangerous for both you and your dog. Signals of protection are showing aggressive behaviors (above) while routinely placing herself between a person approaching you or people coming into contact with you.

Even if your dog is not considered ‘dangerous’ (i.e. you don’t think she would ever hurt someone), if your dog shows any of these behaviors she is still not suitable for service work. But she may still be a wonderful at home Diabetic Alert Dog or pet.

M.D. Dogs
Medical Detection

Anxiety

Some dogs, especially those who were not socialized as puppies, become anxious or fearful adults. This can be demonstrated a few ways:

1. Startling and not recovering quickly
2. Demonstrating stress signals when in public (scratching, panting, lip licking, yawning, stretching)
3. Being hyper-aware
4. Being unable to relax when in public.

While these behaviors are not dangerous, if the dog cannot overcome her anxiety then she may not be able to focus on her handler's glucose levels and alert properly.

Dog Reactivity

Dog reactivity is demonstrated by barking, lunging, or growling at other dogs. While a DAD may not typically see other dogs in public, if there ever is another service dog and your DAD disrupts it by being reactive, it could cause that service dog to miss an alert, misguide its handler, etc. It is not fair to put other handlers in danger because of your dog's behavior, no matter how infrequently you think you will see another service dog. Additionally, if your dog cannot properly behave around other dogs, this negatively reflects upon all service dogs.

Personality

Dogs have different personalities just like people. Some dogs may not enjoy being a service dog and that doesn't mean as a trainer you have failed. I suggest performing temperament tests on all potential DADs. Also begin training when your pup is 8 weeks old and always keep public access fun and exciting for your puppy. This will all help maximize the chance that your dog will thrive as a working dog.

If your dog begins to not want to go to work - has a dropped tail and ears back while in public, does not perform commands quickly, or just seems unhappy when working - take a step back from public access training. Do training at home for a bit, make sure the vest fits properly or try a different vest style (sometimes dogs get vest aversion), and retrain the basics. Incorporate fun training games, then try

MD Dogs Medical Detection

public access again. If she seemed to enjoy staying home more than accompanying you in public, it may be a sign that she'd prefer to be your pet rather than your service dog.

Medical Reasons

Hip dysplasia is a very common reason to wash out a service dog or retire her. Public access training is difficult on a dog's body. They are constantly walking, getting up, laying on hard floors, slipping, etc. If your dog has hip dysplasia it will be painful for your dog to accompany you in public. A dog with hip dysplasia may be able to work at home as a DAD, but it would not be humane to ask a dog to work in public with such a condition.

Any other medical issue that would cause the dog to be in pain when in public would automatically result in the dog being washed out. It is important to keep in mind that the dog's purpose in public is to take care of its handler. If the dog has a medical condition that prevents her from being able to focus, causes decreased abilities, or causes pain, the dog cannot do its job any longer and should not work in public as a service dog. Remember that our dogs are supposed to watch over us, but we have to do our part and watch over them too.

M.D. Dogs
Medical Detection

M.D. Dogs Workbook

Resources

M.D. Dogs
Medical Detection

Financial Estimate for training a Diabetic Alert Dog

Self training a Diabetic Alert Dog will most likely be less expensive than purchasing a fully trained dog, as you will not be paying for the trainer's time. But, training your own DAD is still not cheap. Below is an estimate for the cost to train your own DAD from a 2 month old puppy until it is 9 months old. You can save money by perhaps purchasing a used crate or toys, and not using a Kuranda cot. However, I do not recommend trying to save money when it comes to two things - the purchase of the puppy and the private lessons with a service dog trainer. Buying an inexpensive puppy from someone who has not done health testing on the parents could result in the pup having medical issues, especially a genetic condition (hip dysplasia, heart defect, etc.) that will prevent her from becoming a working service dog or that requires her to retire early. From a financial standpoint, it is worth it to invest in a healthy dog that will have a working life of 8-10 years than save a few hundred dollars to purchase a dog that will have a shorter working life despite the time and money spent training her. Additionally, having an experienced trainer available to give suggestions and answer questions will greatly increase your likelihood of success.

$100 - $2,500.....	Purchase of dog
$500.....	Test strips (You will be testing more frequently)
$300.....	Veterinarian visits, shots, flea medicine, etc.
$300-$600.....	PennHip Evaluations of hips and elbows
$250.....	Alerting rewards (raw dog food, meat, etc.)
$160.....	Dog food
$300.....	Kuranda cot, crate, toys, chews
$200.....	Service vests, boots, coats, and other supplies.
$400-$1,000.....	Private lessons with a service dog trainer.

Total: $2,510 to $5,810.

M.D. Dogs Medical Detection

United States Service Dog Laws

AMERICANS WITH DISABILITIES ACT (ADA) – Public Access

The Americans with Disabilities Act is the primary law governing service dogs. Read more about it online and know the laws like the back of your hand.

STATE LAWS – Public Access

The Americans with Disabilities Act does not cover Service Dogs in Training. This is determined by each state. Many states give Service Dogs in Training the same access rights as fully trained service dogs, but not all. Additionally, some states only give access rights to Service Dog trainers rather than owners who are currently training a Service Dog. If your state does not give access to Service Dogs in Training, then it is still possible to train a DAD, but public access training will have to be more intentional. All public access trips should be in pet friendly stores. When your dog is able to pass the Public Access Test, showing she is qualified to be a fully trained Service Dog, then you can replace her "in training" patches with "Service Dog" patches and begin taking her to non pet friendly stores. This will take more time and effort, but it is important to respect the laws in your state, regardless.

FAIR HOUSING ACT - Housing

The resident must submit a reasonable accommodation request, stating that they would like to have a service animal. This essentially states that if the resident or potential resident has a disability and the animal is trained to mitigate the disability, then a no pets policy does not apply to the individual and their animal. There are a few exceptions, so read the Fair Housing Act if living or requesting to live in a location that does not allow pets.

AIR CARRIER ACCESS ACT – Air Travel

Both Service Animals and Emotional Support Animals are permitted to fly in the cabin of an airplane without a fee. The handler must have the dog's certification, a harness identifying it as a Service Dog, or be able to provide credible verbal assurance that it is a Service Dog. A doctor's note is only required for Emotional Support Animals and Psychiatric Service Dogs, so if your dog is a DAD a doctor's note is not required. The dog must be able to fit at your feet or on your lap in order to be permitted.

M.D. Dogs
Medical Detection

**Laws are always changing so be sure to research them thoroughly for yourself prior to beginning training*

M.D. Dogs Workbook

Records

M.D. Dogs
Medical Detection

Exposure List

This is not an exhaustive list, but can be used as a guideline. Check off the things your puppy experiences to keep track. It is recommended that your pup is exposed to each of these items between 8-12 weeks and again between 3-9 months to solidify the experience.

	8-12 Weeks	3–9 months
Animals		
Birds		
Cats		
Cows		
Ducks		
Horses		
Large dogs (male)		
Large dogs (female)		
Puppies		
Small dogs (male)		
Small dogs (female)		
Squirrels		
Handling		
Brushing fur		
Brushing teeth		
Checking between pads		
Checking teeth		
Cleaning ears		
Clipping nails		
Grasping muzzle		
Holding puppy		
Hugging puppy		
Touching belly		
Touching collar		
Touching ears		
Touching paws		
Touching rear legs		
Touching tail		
Locations		
Veterinarian		
Park		

	8-12 Weeks	3–9 months
Noise & Visual		
Airplanes		
Alarms		
Balloons		
Banging on pots/pans		
Bicycles		
Brooms		
Busses		
Cars		
Crowds		
Crutches		
Doorbell		
Dropping item >4ft		
Dropping item <4ft		
Fairs/Festivals		
Fireworks		
Garbage bag		
Garbage can		
Gym equipment		
Helicopter		
Honking		
Indoor shopping mall		
Inflated object		
Jack hammer		
Knocking on doors		
Loud radios		
Motorcycles		
Rollerblades		
Shopping carts		
Sirens		
Skateboards		

	8-12 Weeks	3–9 months
Stairs		
Statues		
Thunderstorms		
Traffic		
Trains		
Trucks		
Umbrellas		
Vacuum Cleaner		
Vending machines		
Wheelchairs		
People		
25 Women		
25 Men		
15 Teenagers		
15 Children (5-12)		
15 Toddlers (2-4)		
5 Infants (0-1)		
Arguing		
Children in strollers		
Children playing		
Crying		
EMTs		
Firemen		
In costumes		
Laughing		
Police officers		

	8-12 Weeks	3–9 months
Runners		
With beards		
With boots		
With canes		
With crutches		
With hats		
With helmets		
With hoods		
With sunglasses		
With a walker		
Surfaces		
Asphalt		
Brick		
Carpet		
Concrete		
Dirt		
Elevators		
Grass		
Grates		
Gravel		
Hardwood		
Metal		
Sand		
Stairs		
Tile		
Wobbly surfaces		

_____'s Alert Log

Alert = Pawed, bg in alerting range. Miss = No paw, bg in alerting range. False = Pawed, bg outside alerting range

Recheck = Tested blood sugar after a false alert (every 10 min for 30 min), dog did not alert

Date	Time	BG level	Alert/Miss/False/Recheck	Location	Your position	Notes

Copyrighted Information

_____'s Alert Log						
Date	**Time**	**BG level**	**Alert/Miss/False/Recheck**	**Location**	**Your position**	**Notes**

Copyrighted Information

Filly's Training Sessions

Include all training in this log so that you can add your dog's total hours of training.

Choose how to record your dog's performance - 'excellent' to 'poor', 1 to 10, etc. Example records are listed below.

Date	Duration	Location	Command/Area of training	Specifics	Dog's performance	Notes (distractions/difficulties/etc.)
1-Jan	4 minutes	Front yard	Sit stay	20 seconds, no intentional distractions	4/5 successes	1 failure was because other dog walked by
1-Jan	3 minutes	Front yard	Scent training	Step 6	20/20 successes	Pawed immediately every time!
5-Jan	25 minutes	Lowe's	Socialization	2 men, 3 women, 5 children, 1 machine	Very good!	Only showed hesitancy with the forklift

_____'s Training Sessions						
Date	**Duration**	**Location**	**Command/Area of training**	**Specifics**	**Dog's performance**	**Notes (distractions/difficulties/etc.)**

Records