The Benefits of Pet Therapy

For Older Adults

What is pet therapy?

Pet therapy, or animal assisted therapy, is using an animal to interact with older adults for a variety of reasons to improve quality of life.

How can pet therapy help you?

Just 15 minutes of interaction with an animal can increase production of “Feel Good” hormones in the brain.

Animals can provide new meaning to an older adult’s life, increasing self-confidence and self-esteem.

- Lower your cholesterol
- Increase activity
- Prevent heart attack
- Decrease chances of having a stroke
- Fight depression
- Decrease anxiety
Pet Therapy for older adults

FACTS

• Seniors with heart conditions who have pets tend to live longer than those who do not

• Walking a dog leads to much-needed physical activity, improved mobility, and a healthier lifestyle overall

• Pets provide emotional stability in stressful situations, reducing depression and anxiety

Go to your local department of human resources to find pet therapy services in your area for yourself or for a loved one.

Being around animals make people feel better, healthier, and happier.

References

Author: Arika Taylor, SPT