

# 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.*



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## 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

1. Dickson A, Rummel M. The Therapy Dog Will See You Now. *Journal of Oncology Navigation & Survivorship*. 2019;10(8):308-310. <http://search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=137759376&site=eds-live&scope=site>. Accessed August 30, 2019.
2. Our pets make us smile and laugh - but they might also help improve the health of the nation. Should CPs be making greater use of animal-assisted therapy? CREATURE COMFORT. *Community Practitioner*. 2019;92(8):42-44. <http://search.ebscohost.com/login.aspx?direct=true&db=ccm&AN=138812709&site=eds-live&scope=site>. Accessed August 30, 2019.

Author: Arika Taylor, SPT



Idaho State  
University

Physical  
Therapy